

Nazia Uddin, PT, DPT

Physical Therapist



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Profile

Nazia has been practicing outpatient orthopedic physical therapy since 2014 at Illinois Bone & Joint Institute in Arlington Heights. She has been treating patients with a wide variety of orthopedic and musculoskeletal injuries; rotator cuff, ACL, meniscal pathologies, surgical and non-surgical diagnoses. She takes a special interest in treating more challenging post-surgical patients. She has experience with neuromuscular and neurological disorders such as Alzheimer's, Parkinson's and dementia. She uses a patient-centered approach to maximize faster healing and recovery. She practices an evidence based and holistic approach. She is a people person and a good listener. She is dedicated to providing excellent care.

She takes special interest in Orthohealth wellness program, which is a comprehensive program that provides multifaceted care approach to improve quality of life and provides an individualized plan of care based on the Method CRA test results. She is experienced in providing orthopedic care and designing individualized exercises plan to manage joint pain.

She speaks English, Urdu and Hindi. Nazia has completed her post graduate Orthopedic Manual Therapy Certification through the Ola Grimbsy Institute (OGI). She has passion for rescuing animals and has many dogs and cats.

Education

- BS, Psychology, Northern Illinois University
- Doctor of Physical Therapy, Midwestern University

Certifications

- Certificate in Manual Therapy, Ola Grimbsy Institute
- METHOD CRA testing
- Cupping