

# Mitch VanderWey, PT, DPT, CSCS

Physical Therapist



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## Profile

Mitch VanderWey, PT, DPT, CSCS received his undergraduate degree in Exercise Science in 2018 and his Doctor of Physical Therapy degree in 2020 from Saint Louis University. He joined the Illinois Bone & Joint Institute team in Joliet in August 2020.

He has a passion for working with patients of all orthopedic conditions, with a special interest in treating youth athletes. Mitch believes developing a personal relationship built on trust and understanding allows him to treat all patients with the unique and skilled care they deserve. His treatment philosophy focuses on the latest evidence-based practice and functional strength using strength and conditioning principles to help his patients achieve their goals.

When Mitch is not working as a Physical Therapist, he enjoys providing strength and conditioning coaching for local youth, high school, and collegiate athletes to optimize their athletic performance. He also enjoys golfing, water sports, and watching the Packers, White Sox, and Bulls in his free time.

## Education

- Doctor of Physical Therapy, Saint Louis University
- Bachelor of Science, Exercise Science, Saint Louis University