

# Tessa Walsh, PT, DPT

Physical Therapist



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## Profile

Tessa Walsh PT, DPT has been practicing orthopedic physical therapy since graduating from Rosalind Franklin University of Medicine and Science in 2013. She became interested in the field as a competitive junior tennis player with many minor injuries along the way requiring her to be on the receiving end of physical therapy. Tessa played tennis at DePauw University where she majored in Kinesiology and Exercise Science.

Tessa enjoys treating a wide variety of diagnoses and is dedicated to using the most effective and appropriate treatments to facilitate a full recovery. Her goal is to educate and empower her patients to manage their symptoms and alleviate pain.

Tessa is an active member of the Sports Medicine Special Interest Group and enjoys working with athletes at any level. She has a special interest in treating patients with shoulder and knee pain but enjoys treating all areas of the body.

Outside of work Tessa enjoys practicing yoga; she completed her 200 Hour Power Yoga Certification in the Summer of 2018. Tessa likes to incorporate her background in yoga into her treatment sessions by teaching patients the importance of maintaining a balance of flexibility, mobility and stability for optimal function and performance.

## Education

- DePauw University, Bachelor of Arts in Exercise Science
- Rosalind Franklin University of Medicine and Science, Doctor of Physical Therapy