

Amy Billo, PT, DPT

Physical Therapist



3296 Executive Drive
Suite 201
Joliet, IL 60431

T (815) 207-4223
F (815) 207-4643

abillo@ibji.com

Profile

Amy Received her Bachelor's degree from North Central College in Naperville, IL where she was a two sport athlete-playing soccer and lacrosse all 4 years. She received her doctoral degree in physical therapy from Midwestern University in Downers Grove, IL. She joined Illinois Bone and Joint Institute in 2020 in Joliet, IL.

Amy's treatment philosophy focuses on an individualized, holistic approach in order to achieve personal and collaborative goals. She incorporates biomechanics, strength and neuromuscular principles along with the most up to date research to achieve desired outcomes. She is committed to advancing rehab interventions in order to get patients back to their highest level of independence and return athletes back to the field/court. Amy strives to provide patients with proper education in order to promote independence and understand how to self manage.

She has a strong passion and interest in sports related orthopedics, treating athletes of all ages. She has a special interest with post surgical knee and shoulder, especially with soccer, lacrosse and baseball athletes. She has a particular passion for ACL reconstruction rehabilitation and loves incorporating video analysis to improve rehab potential and injury prevention. She enjoys and is confident with treating a wide variety of diagnoses and treating with a multidisciplinary approach.

She currently resides in Shorewood, IL with her husband, two young boys (3 and 1 years old) and two dogs they rescued from local shelters. In her free time, Amy enjoys wine tasting with her mom and sisters, playing sports and trucks with her boys, and going on runs and walks with her husband.

Education

- Bachelor's, North Central College
- Doctor of Physical Therapy, Midwestern University