

Sarah Macias, PT, OCS

Physical Therapist



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Profile

Sarah Macias, PT, OCS, has been practicing in orthopedics for eight years. Originally from Rockford, IL, Sarah moved to Chicago in July 2011 and works at both the Glenview and Lincoln Park locations of Illinois Bone & Joint Institute.

Sarah enjoys treating a wide variety of diagnoses and is dedicated to using the most effective and appropriate treatments to facilitate a full recovery. Sarah is a certified provider of the [ASTYM treatment system](#) which is a therapeutic treatment technique that facilitates the regeneration of healthy soft tissues and breaks down unwanted scar tissues that cause pain and movement restrictions. The ASTYM system is effective in the treatment of many common conditions including: Achilles tendonitis, plantar fasciitis, patellar tendonitis, muscle strains and tennis or golfer's elbow.

Sarah's background in dance and soccer form the basis of her appreciation for both the performing arts and sports. As a new Chicago resident, Sarah enjoys spending time exploring the city with her family, especially taking her dogs to the beach and going for bike rides to the lake.

Education

- BS, Health Sciences, Northern Illinois University
- MS in Physical Therapy, Northern Illinois University, 2004

Certifications

- APTA Specialist Certification in Orthopedics
- Certified ASTYM provider