

Celeste Andrews, PTA

Physical Therapy Assistant



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Profile

Celeste Andrews has been working in outpatient orthopedics since 1995, after graduating from Oakton Community College. Having lived in several areas of the United States, she returned to the Chicagoland area in the early 90's.

She has a strong interest in correct nutrition to promote healing and endurance, as well as relaxation techniques to decrease muscle guarding, pain, and promote improved sleep patterns. She incorporates this approach when working with her patients, instructing in breathing techniques and discussing nutritional choices.

In her free time, Celeste loves to garden, and work with essential oils, as well as hiking.

Education

- Associate Degree, Oakton Community College

Certifications

- Certified Massage Therapist, California