

Tara Banick, PT, DPT, OCS

Physical Therapist



716 Florsheim Drive
Libertyville, IL 60048

T (847) 918-9077

F (847) 918-9770

tbanick@ibji.com

Profile

Having practiced physical therapy since 2001, Tara thrives on building strong relationships with her patients and customizing her treatment programs to fit each patient's personal goals. She also enjoys using her manual therapy training to provide effective hands-on care for pain relief. Tara's professional work includes tenures with [Lake Forest Hospital \(IL\)](#) and [NewSport Physical Therapy](#) in Corona del Mar, California. Her special interests include sports-specific therapy for competitive and recreational athletes, as well as post-operative knee and shoulder rehab. She is trained in myofascial release, the Mulligan Concept, and the Gary Gray Method. As a professional violinist and pianist, Tara is knowledgeable about the problems unique to musicians suffering from playing-related injuries. She is proficient in conversational and medical Spanish.

In her spare time, Tara is passionate about baking, cooking, playing violin and piano, traveling, learning foreign languages, following Yankees baseball, & practicing yoga and karate. (And she believes sleep is a highly overrated activity...)

Education

- Doctorate in physical therapy from Rosalind Franklin University of Medicine & Science, North Chicago.
- B.S. in physical therapy from Bradley University (IL), magna cum laude, with a minor in Spanish.

Certifications & Memberships

- Certified Orthopedic Clinical Specialist, APTA
- Member, American Physical Therapy Association
- Advanced Credentialed Clinical Instructor, APTA