

Emily Sluis, PT, DPT,

Physical Therapist



1919 Skokie Valley Road
Highland Park, IL 60035

T (224) 765-5550
F (224) 756-5551

esluis@ibji.com

Profile

Emily has worked in orthopedics for three years. She is a native from Chicago, born and raised in the southwest suburbs. She received her undergraduate degree in Athletic Training from Marquette in 2010 and her doctoral degree in Physical Therapy, also from Marquette, in 2012. She has worked for the Illinois Bone and Joint Institute since 2012 at the Health Performance Institute (HPI) in Highland Park, IL.

Emily has a passion in sports-related orthopedics. In her time spent at the HPI, Emily has taken a special interest working with athletes and enjoys working with post-op knees and shoulders. She is readily involved in the Phase IV Rehabilitation program at HPI and incorporates a multi-faceted approach in advanced rehab to promote a full and safe return to competition. Emily's certifications as a Strength and Conditioning Specialist and in the Functional Movement Screen enhances her movement analysis skills to ensure proper mechanics with sport-specific movements and promote injury prevention, especially ACL. Emily has taken a recent interest in working with runners, analyzing gait and running form to maximize a runner's efficiency and minimize injury risk. She is certified in Sound Assisted Soft Tissue Mobilization, a manual therapy technique in which microtrauma to affected soft tissue structures breaks down adhesions and stimulates a local inflammatory response to allow full functional restoration to occur.

Emily now resides in the northern suburbs of Chicago, IL and enjoys spending her time running and playing with her dog, Abby.

Education

- BS, Athletic Training, Marquette University
- Doctor of Physical Therapy, Marquette University

Certifications

- Certified Strength and Conditioning Coach
- Certified SASTM provider
- FMS Certified Exercise Specialist