

# Michael Lennie, MOT, OTR/L, ATC

Occupational Therapist



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## Profile

Mike Lennie, MOT, OTR/L, ATC has been practicing in orthopedics for four years. Originally from Crete, IL, Mike moved to Chicago in 2013 and works at the Morton Grove Illinois Bone & Joint.

Mike enjoys treating a wide variety of upper extremity diagnoses. He has a background in Athletic Training and has experience working with higher level athletic populations. He is also proficient in myofascial release techniques which helps treat muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation and stimulating the stretch reflex in muscles. Along with this he is also experienced in the use of Kinesiotaping to treat a variety of conditions.

When not spending his time outside of work he enjoys spending time officiating college and high school football. He also enjoys spending time on the golf course when Illinois weather allows.

## Education

- B.S, Athletic Training, Southern Illinois University
- M.S, Occupational Therapy, Midwestern University

## Certifications

- Certified Athletic Trainer
- Kinesiotaping
- Myofascial Release