

Abby Arado, PTA

Physical Therapist Assistant



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Profile

Abby Arado, PTA, was born and raised in Southwest Michigan. She studied exercise and health sciences in her undergrad while playing collegiate basketball. Abby's been working for IBJI at the Wilmette clinic since becoming a licensed therapist in 2014. She enjoys treating a variety of diagnoses both surgical and non-operative. She is active in the sports medicine and concussion groups. Has a special interest in pre and post concussion testing, as well as assisting in the return to play protocol for athletes of all ages.

In her spare time, Abby likes cooking and trying new recipes. She enjoys reading, coaching, and mentoring as she is in the process of becoming a certified clinical instructor for upcoming PTAs.

Education

- BS, Exercise and Health Science, Alma College.
- Physical Therapist Assistant, Oakton Community College

Certifications

- ImPACT Trained Physical Therapist (ITPT)