

Sarah McKenna, PT, DPT

Physical Therapist



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Profile

Sarah McKenna, PT, DPT has been practicing in outpatient orthopedics since graduation in 2010. Sarah started at Illinois Bone & Joint Institute as a rehabilitation technician in 2008. Sarah is proud of the open communication IBJI promotes between patients, therapists, and doctors to tailor each treatment plan to patient's specific needs.

Sarah enjoys treating a wide variety of diagnoses. She has a passion for sports medicine, treating athletes of all ages and sports. Sarah is a member of both the Sports Medicine and Foot & Ankle Special Interest groups at IBJI. She performs video gait analysis of runners, helping them to become more efficient runners. Sarah is an ART (Active Release Technique) provider, specializing in soft tissue mobilization to treat overuse conditions.

Sarah played varsity field hockey and lacrosse in college, and continues to play post-collegiate lacrosse in Chicago. She is the head coach for the varsity lacrosse team at Evanston Township High School and is the president of the Illinois High School Women's Lacrosse Association. Sarah is also a classically trained violinist and likes to help musicians get back to making music without pain.

Education

- BA, Biology, Vassar College, Poughkeepsie, NY
- Doctor of Physical Therapy, Northwestern University

Certifications

- ART Spine and Lower Extremity