

# Crystal Smuk, PTA

Physical Therapist Assistant



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## Profile

Crystal grew up in Des Plaines, therefore it was fate that she would work at the Illinois Bone and Joint clinic in Des Plaines. Crystal leads a very active lifestyle. She participated in swimming and softball for over a decade which fueled her love for the human body and its mechanics. Currently, she enjoys running and has completed four marathons.

Crystal graduated from Oakton Community College with an associates degree as a Physical Therapist Assistant. She went on to earn her bachelors in Kinesiology at the University of Illinois in Chicago in hopes of pursuing her dream of earning her Doctorate of Physical Therapy.

Crystal has been working exclusively in orthopedics for 8 years, treating a variety of diagnoses, but has special interest in treating overhead athletes and swimmers due to her athletic background. She promotes the education of her patients regarding their diagnosis and their treatment to create a comfortable and enjoyable environment, where patients gain the knowledge they need to become independent and reach their goals.

## Education

- Associates in Applied Health Science, Physical Therapist Assistant, Oakton Community College
- BS, Kinesiology, University of Illinois in Chicago

## Certifications

- Trained in Mckenzie Technique