

# Felisha Contreras, PT, DPT

Physical Therapist



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## Profile

Felisha Contreras has been working in orthopedics since graduating from Marquette University in 2012 with her Doctorate in Physical Therapy.

Felisha enjoys treating a wide variety of diagnoses. She is committed to staying up-to-date on current research in order to provide individualized patient care with the most effective and appropriate treatments to facilitate a full recovery. She has recently completed the Orthopedic Residency Program through EIM, and she plans to earn her Orthopedic Clinical Specialist Certification next year. Her undergraduate studies in Exercise Science allow her to appreciate the complex movements involved with all athletics. Felisha has taken a special interest in treating dancers, cheerleaders, and gymnasts. Her personal background in dance, cheer, and tumbling allows her to provide specialized treatment for these unique athletes. She began dancing at the age of 3, studying multiple genres of dance. She has had the opportunity to train under the instruction of many prestigious dancers/choreographers, as well as the opportunity to provide rehabilitation to the company members of the Joffrey Ballet Chicago.

During her spare time, Felisha enjoys taking dance classes at local studios and exploring Lake County, especially with her dog.

## Education

- BS, Exercise Science, Marquette University
- Doctorate in Physical Therapy, Marquette University
- Orthopedic Residency, Evidence in Motion (EIM)

## Professional Affiliations & Certifications

- American Physical Therapy Association (APTA) - Orthopedics Section Member; Performing Arts Special Interest Group (PASIG) Member
- International Association of Dance Medicine and Science (IADMS) - Member
- Functional Movement Screen (FMS) Certified