

# Paul Schmidt, PT, ATC

Physical Therapist



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## Profile

Paul has worked in outpatient orthopedics for 15 years. He was born and raised in the Northwest suburb of Arlington Heights. He received his first Bachelors degree in Physical Education/Exercise Physiology with a minor in Sports Medicine/Athletic Training from Northern Illinois University in 1995. Paul then continued his training in The Netherlands, graduating from the American Physical Therapy Association accredited, international physical therapy program at Hogeschool Enschede (now Saxion University/Hogeschool Enschede), graduating in 1998.

When Paul returned to the United States, he began working at Lutheran General Hospital in their outpatient sports medicine clinic from 1999-2005, co-managing the Sports Medicine Team from 2001-2006. Paul then joined the IBJI outpatient physical therapy team in Glenview in 2005. While there, he was the first leader of the Sports Medicine Special Interest Group within IBJI. During this time, he led pre season injury screenings/testing with various sports teams at local high schools and Northwestern University sports teams. In 2007, Paul was invited to give a presentation on the results of the preseason testing done by the Sports Medicine Special Interest Group at The Annual International Congress of Shoulder Therapists in Costa de Sauipe, Bahia, Brazil.

He was then transferred to the IBJI outpatient location in Highland Park/ Health Performance Institute in 2011 when it opened. Paul enjoys working with all orthopedic patients, especially sports related injuries. He works closely with the Athletic and Performance Trainers at HPI to get his patients and athletes back performing at their maximal potential.

## Education

- B.A Physical Education/Exercise Physiology, Northern Illinois University
- B.S Physical Therapy, Hogeschool Enschede (Saxion University)

## Certifications

- Certified Athletic Trainer, Northern Illinois University