

# Ellen Humphrey, PT, MPT

Physical Therapist



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## Profile

Ellen received her Master in physical therapy from Stanford University in 1985 and her Bachelors in kinesiology from University of Colorado Boulder in 1981. She has specialized in orthopedics and sports medicine for over 30 years. Prior to joining IBJI, Ellen worked at Northwestern Medicine Lake Forest Hospital Sports Medicine for 13 years. Before Lake Forest Hospital, Ellen served as a full time faculty member of Physical Therapy and Human Movement Sciences: Feinberg School of Medicine: Northwestern University primarily teaching in the kinesiology, musculoskeletal and clinical orthopedics courses. Before moving to the Midwest, Ellen served on the College of Health & Rehabilitation Sciences: Sargent College faculty for 4 years and prior to that managed a busy outpatient orthopedic and sports medicine clinic. Ellen started her clinical career working in a bustling sports physical therapy facility in Palo Alto California.

Ellen has an eclectic treatment approach combining hands on techniques with specific strength, flexibility and balance training, which promote optimum healing. Ellen encourages patients to take an active role in their health and uses a team approach drawing on the multifaceted expertise of her colleagues and physicians at IBJI.

A local resident for 20 years, Ellen is a well-known valued clinician in the area. She has three teenage sons and four dogs making up a busy household. She is currently pursuing her clinical doctorate in physical therapy at Rosalind Franklin University. In her free time, Ellen enjoys live music, running, weight training, cycling, skiing and racket sports.

## Education

- BS, Health Kinesiology, University of Colorado Boulder
- Masters in Physical Therapy, Stanford University

## Certifications & Memberships

- Certified Athletic Trainer, Member of NATA
- Certified Orthopedic Clinical Specialist
- Member of APTA