

Heather Elliott-Smith, PT, DPT

Physical Therapist



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Profile

Heather Elliott-Smith, PT DPT moved to Illinois and has been practicing in out patient orthopedic physical therapy since graduating from the University of Vermont in 1992 with a BS in Physical Therapy. She went on to receive her doctorate from Boston University in 2006.

Heather joined Illinois Bone and Joint Institute in 2005 where she enjoys treating active people of all ages with a variety of orthopedic complaints. She is passionate about helping patients return to the activities they love whether that be sports, gardening or holding their new grandchildren. She also has a special interest in helping patients with, or at risk for osteoporosis, learn to maximize their bone health and continue to safely participate fully in their life roles.

“I enjoy treating ‘the whole patient’. It is important to me that when a patient is discharged- not only are they feeling better, but they have the knowledge to maintain or improve upon the gains we achieved through regular exercise and increased awareness of dysfunctional postures or habits that can affect health.”

When not at work, Heather enjoys cheering for and photographing her very active daughters at sporting events throughout the northwest suburbs. When the calendar of events permits, she also enjoys running on her own.

Education

- BS in Physical Therapy, University of Vermont
- Doctorate in Physical Therapy, Boston University