

# Stephanie Fitch, PTA, NASM-PES

Physical Therapist Assistant, Assistant Facility Manager



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## Profile

Stephanie Fitch, PTA, NASM-PES, has been practicing in orthopedics for four years. Originally from Homewood, IL, and has worked at the Morton Grove facility since 2006 as a Rehabilitation Technician/Personal Trainer prior to joining the team as a therapist.

Stephanie enjoys treating a wide variety of diagnoses and is dedicated to using the most effective and appropriate treatments to facilitate a full recovery. She specifically enjoys THA/TKA, ACL Repairs, Endurance Athletes, and various shoulder pathologies. Stephanie is a certified Performance Enhancement Specialist with the National Academy of Sports Medicine. She is the lead contact for the Sports Medicine Special Interest Group and OrthoHealth Program at MG.

Stephanie's background as a NCAA Division 1 Softball player is where she displays the drive and motivation to help her patients recover. In free time she enjoys running, weight lifting, playing softball, reading and spending time with her family, and Newfoundland dog.

## Education

- BS, Exercise Science & Fitness, Illinois State University
- AS, Physical Therapist Assistant, College of DuPage

## Certifications

- (NASM) National Academy of Sports Medicine -
- Performance Enhancement Specialist