



Mandy Fraylick, MSPT Physical Therapy

“I believe the body talks to us, if we would only take a moment to listen,” remarks Mandy, who has always been curious and amazed at how the human body works. She worked for many years at Craig Hospital, a top-five rated hospital in the nation for spinal cord and head injuries. Mandy also served as the PT for the New Zealand Netball teams and she still loves working with athletes today. At GMA, she makes sure to listen closely to her patients and collaborate with them toward healing. Via posters, plastic models, visual feedback mirrors, demonstration and photos, Mandy strives to help patients understand each exercise and the reason for it. “If clients understand what is happening to their bodies and why, they gain the power to make the changes that will enhance their own healing.”

MEDICAL EDUCATION

Master of Science in Physical Therapy: University of Michigan, Ann Arbor, MI
Additional classes through North American Institute of Orthopedic Manual Therapy

SPECIALTIES

Sports training and rehabilitation
Manual therapy and manipulation
Dry needling
Balance training
Post-operative therapy
Development of personal exercise programs

COMMUNITY INVOLVEMENT

Volunteer, Lift Up, Safe House, Way of Compassion, and various river and land clean ups

PERSONAL INTERESTS

International travel and enjoying the outdoors (cycling, hiking, trail running, paddle boarding, fishing, windsurfing, kayaking, swimming, adventure races, competing in triathlons, skiing) preferably with friends and family

At this point in time I am accepting new patients.

GMA

Glenwood Medical Associates

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