

Justin Brown, PT, DPT, ATC, CSCS



Doctoral Degree in
Physical Therapy,
University of Michigan-
Flint, 2015

Member of:

- MPTA & APTA
- Orthopedic Athletic
Sports Medicine
Physical Therapy
Section for APTA

Certifications:

- Athletic Training
- Strength & Conditioning
- Orthopedic Specialist
- Fascial Movement
Training—Level 1
- Titleist Performance
Institute

Specialties:

- Sports-related injuries
& Sports medicine
programs

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When it comes to sports rehabilitation, Justin Brown, PT, DPT, ATC, CSCS, is an expert. In addition to being a doctor of physical therapy, Justin is a certified athletic trainer and a certified strength and conditioning specialist. In 2014, he graduated from the University of Michigan-Flint with a doctoral degree in physical therapy and completed his residency in the orthopedic clinical specialist program in 2015. His education and experience have given him intricate knowledge into the biomechanical aspects of landing, jumping and overhead throwing techniques in relation to athletics. When working with athletes, Justin focuses on increasing strength, endurance, and power. He teaches them how to use proper muscle activation, neuromuscular control and synergism to get the most out of their bodies safely. During his college career, Justin created an updated protocol for knee injury prevention and rehabilitation for female athletes utilizing the latest medical studies and research. He currently uses this protocol in his practice today.

Throughout his youth, Justin was very active in sports, playing baseball and football for his school teams and club hockey. In most recent years, Justin has offered his expertise to local sports teams in the area. He served as an assistant coach for the Millington High School baseball team for two years, worked as a student athletic trainer for a collegiate volleyball team, and worked and played for the minor league football team, the Genesee Patriots.

Justin strives to keep up on the latest treatments and technologies and is in constant pursuit of continuing education in athletic based populations. He is level one certified in fascial movement training. He also received a certification in golf-specific injury assessment and rehabilitation from the Titleist Performance Institute and is one of the only clinicians in the area to have this distinction and training. He has attended several seminars covering the topic of the overhead throwing phase in athletics. These seminars provide in-depth knowledge of the entire body during the overhead throwing motion phase. It discusses the importance of strength and flexibility to limit stresses on the shoulder, and if an injury should occur, appropriate rehabilitation of the athlete.

Although Justin feels that he is best at treating high school and college athletes, he enjoys working with all patient demographics. Justin is one of our physical therapists practicing out of our Clio clinic. When Justin is not treating patients, he volunteers at the local batting cages instructing players on proper form and technique. Justin knows that return-to-play decisions can be difficult, so he likes to help by providing insight to parents, coaches and other healthcare professionals on where the athletes are at in the recovery process. "Keeping athletes on the field safely and helping them reach fullest potential in their sport is what drives me. I want to help enable them to keep pursuing their passion," says Justin.



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One of Justin's favorite quotes ... *"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you do or what you are learning to do," - Pele'.*