

# AMY JAMES, LPTA



Goodrich Clinic Director

Associate Degree, Applied Science - Mott Community College, 2001

## Specialties & Certifications:

- Manual Therapy
- Injury Prevention
- Return to Sports/Job Progression
- Kinesiology Taping
- Vestibular Rehabilitation
- Mulligan's Mobilization
- Myofascial Decompression (Cup Therapy)
- Blood Flow Restriction Training (BFR)
- Aquatic Therapy
- Muscle Energy Technique

## Goodrich Clinic:

7477 S. State Rd.  
Goodrich, MI 48438

(810) 636-8700

AJames@advpt.com

[www.AdvancedPhysicalTherapy.com](http://www.AdvancedPhysicalTherapy.com)

*"I love getting to know every one of my patients, help them achieve their goals and improve their quality of life." – Amy James, LPTA*

Amy James, LPTA has been a member of the Advanced Physical Therapy Center team since 2018 and serves as the Clinic Director for Advanced PT - Goodrich. She came to Advanced PT with 17 years of experience in the outpatient orthopedic field, with over a decade of those years in a management role. She began her physical therapy career in 1998 as an aide, an experience which fueled her passion to help others. She graduated from Mott Community College in 2001 as a PTA with an Associate Degree in Applied Science.

Amy is highly skilled in Manual Therapy, Injury Prevention, Return to Sports/Job Progression and Kinesio Taping. She has training in Aquatic Therapy, Graston Technique, Muscle Energy Technique, Myofascial Decompression/Cup Therapy and Blood Flow Restriction Training. Amy also shares her expertise outside of the clinic, by volunteering her time teaching a monthly exercise and balance training class at the local senior center and hosting community events.

Amy reveals, "I am patient centered, goal oriented with a contagious excitement to help each patient gain a better quality of life." She goes on to say, "I have had some complicated patient cases over the years with total knee revisions due to post-operative infections, crush injuries, Charcot Foot, and above and below the knee amputations who don't think they will ever walk again. It's amazing to see their tears of joy when that goal is achieved."

Amy lives in Davison with her husband and 3 beautiful daughters who are all active in organized sports, hunting, and a variety of outdoor activities. They also love to spend time with their black lab mix rescue pup. Amy is an active church member and continues to play competitive women's volleyball, something she did in high school. Amy also enjoys walking, hiking, boating, camping, and swimming.

When asked about her favorite success story, Amy shares about a woman who came to her with an above the knee amputation. Amy remembers she was very depressed and had severe phantom pain. She had not even taken her prosthetic limb out of the bag. But, after much healing and a lot of hard work she left Advanced PT walking, using a hemi-walker with stand-by assistance. Amy states, "her love of life as well as her determination to achieve each goal I set reminded me how important it is to invest in the people who trust us to help them."

