

DANE POTOCHNY, MPT



Master's Degree in
Physical Therapy,
Gannon University,
2001

Member of:

- APTA

Continuing Education & Interests:

- Manual Mobilization of the Spine
- Manual Therapy Techniques
- Biodex Balance Training
- Graston Technique
- Kinesiology Taping
- Muscle Energy Technique
- Vestibular Rehabilitation
- Myofascial Decompression (Cup Therapy)
- Blood Flow Restriction Training (BFR)

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Dane Potochny, MPT, joined Advanced Physical Therapy Center in 2001. He received his Master's in Physical Therapy, along with his undergraduate degree in Mental Health Counseling from Gannon University in Erie, PA. Dane is originally from Pittsburgh, but now calls Linden, Michigan his home.

Dane's goal is to get to know his patients, motivate them and have a little fun while helping them recover. He says he enjoys helping others and that's what pushed him to choose physical therapy for his career.

Dane was an athlete in high school. He played baseball, basketball and football, and ran track. He also played football in college. So, there's a special place in his heart for people suffering from sports-related injuries. He also enjoys helping people who are facing osteoporosis but feels confident treating any type of condition, including complex cases. Dane emotionally remembers one such case, where his patient, Kevin Ronan, came to him after an unexplained condition in his back, suddenly made it impossible for him to stand, walk or live like he was used to. When Kevin finished his treatment with Dane, he could not only stand, he could walk unassisted and even navigate stairs.

Dane specializes in Biodex balance training, Graston technique, kinesiology taping, muscle energy technique and vestibular rehabilitation. He's taken multiple manual therapy courses including Mulligan, Stanley Paris, and Don Tigny. He most recently took a course on myofascial decompression (cup therapy).

Dane is married and has 4 daughters. Much of his free time is spent with them coaching or just watching them play sports. He loves video games and going to the movies and stays fit by hitting the gym. Dane also volunteers his time with Catholic Charities.

