

# KATHRYN MCKINNON, PT, DPT



Doctoral Degree in  
Physical Therapy,  
University of  
Michigan-Flint, 2013

## Continuing Education & Interests:

- Biodex Balance Training
- Graston Technique
- Myofascial Release
- Pelvic Floor Therapy
- Pregnancy & Post-Partum Therapy
- BPPV
- Tai Chi

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Katie McKinnon, PT, DPT began working at Advanced Physical Therapy Center in 2013. She received her degree from the University of Michigan, Flint in August of 2013. Katie specializes in Pelvic Floor Therapy, which is designed to help manage the day-to-day symptoms associated with diagnoses of incontinence, bowel dysfunction or pregnancy and post-partum issues. Katie also expertly treats patients with a variety of general orthopedic conditions including those at risk for falls, those with vestibular issues, weakness or pain and those who are post-operative or who have sports or work-related injuries.

Katie continues to add to her expertise, learning new techniques regularly. She is trained in Myofascial Release, Graston Technique, BPPV and Tai Chi.

When asked about why she became a physical therapist, Katie points to her friends in high school who were able to return to the sports they loved after injury or surgery, thanks to physical therapy. She went on to say she loves being with a patient through the whole process and working with them and their health care team to get results. "I try my best to listen to a patient's individual needs and work with them on their goals, so they get the most out of therapy," Katie adds.

Katie enjoys reading and spending time with her family. She stays fit by running and lifting weights. She says she has an easy-going personality and likes to make sure education and understanding are part of her time with her patients. She loves her one-on-one time with them.

Katie takes pride in the fact that some patients have mentioned she has made a big impact on their lives, whether it be getting back to work, re-learning to walk, or re-gaining their independence. In turn, she says her patients have changed her life, too. They've helped her to see different viewpoints of life and have challenged her to think things through so she can meet them where they need her to be.



"There is nothing better than seeing someone do something they weren't previously able to do and know that you were a part of that."

– Katie McKinnon