



Meet our therapists



**Kimberly
Wallingford**
DPT

Physical Therapist

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Kimberly is a Maine native who recently graduated from the University of Vermont in 2016 with a Doctoral Degree in Physical Therapy.

Kimberly was drawn into physical therapy after watching her dad go through two spinal operations and the subsequent rehabilitation. Her favorite thing about being a physical therapist is helping patients return to their activities and achieve their goals.

She loves the orthopedic and manual therapy aspects of physical therapy. Kimberly gained a passion for manual therapy during a manipulation course she completed in New Zealand. She is looking forward to continuing her education with manipulation and dry needling certification courses. She believes that a combination of exercises and manual therapy, along with education on a home exercise program help patients get better faster, which aligns greatly with the vision of Alliance PT.

When she's not in the clinic, Kimberly enjoys spending time with her fiancé. They can usually be found out on the water of Casco Bay boating, kayaking, or paddle boarding. She is also an avid snowmobiler in the winter and enjoys spending time at her family's camp up north.

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