



Meet our therapists



Austin is a Maine native who graduated from MCPHS University (Worcester, MA) in 2015 with a Doctoral Degree in Physical Therapy.

After a brief career as a project scientist, he chose to become a physical therapist having been inspired by his personal experience of rehabilitating from numerous running related injuries and meeting therapists who made a real difference in his life.

Austin has completed training in **Spinal Manipulative Therapy, Dry Needling, Vestibular Rehabilitation** and **Blood Flow Restriction Training**. He believes in a comprehensive approach of manual techniques and prescription exercise, combined with patient education for improved patient outcomes.

Austin has been involved with coaching high school soccer, alpine skiing, and lacrosse. He has a particular passion in alpine ski racing, which began at the age of 8 and continued through his college racing career.

When not on the slopes, Austin continues to trail run and enjoy the outdoors with his wife, children and their dog.

Austin Stonebraker

DPT, Cert DN, Cert VRS, Cert MST

Physical Therapist

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“...a comprehensive approach of manual techniques and directed exercise, combined with patient education and home programs, for improved patient outcomes.”
