

Meet our therapists



Jonathan Cowie

DPT, Cert DN, Cert VRS

**Managing Partner and
Physical Therapist**

jon@elevateptme.com

Jon is a graduate of Husson University, earning his Bachelor of Science degree in Kinesiology and Human Movement with a minor in Psychology in May of 2008 followed by a Doctor of Physical Therapy degree in May of 2010. Jon has spent the majority of his career in out-patient physical therapy, honing his skills and developing his unique treatment approach.

A Maine native, Jon started his career in out-patient PT before spending two years as a travelling PT with his wife. He then returned to his home state to continue his love for out-patient orthopaedic physical therapy and begin a family.

Since returning Jon has completed post grad studies in specific manual therapies such as instrument assisted soft tissue mobilization, dry needling, manipulation, the McKenzie method and vestibular rehabilitation.

Jon is married with three children who keep him very busy and always on his toes. When not working he enjoys spending time outdoors with his family, golfing, playing tennis, soccer and volleyball. As an athlete and sports enthusiast Jon has developed an affinity for restoring and/or developing proper movement patterns to get people to their peak performance.

“Jon has completed post grad studies in specific manual therapies such as instrument assisted soft tissue mobilization, dry needling, manipulation, the McKenzie method and vestibular rehabilitation.”
