

# Meet our therapists

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## **Philip Chamberlain**

PT, Cert DN, Cert OSM, Cert VRS

### **Owner and Physical Therapist**

phil@elevateptme.com

**Phil earned an honors degree in Physiotherapy from the University of Hertfordshire, England, in 2002.** He worked initially in the National Health Service in the UK where he gained an appreciation for a treatment philosophy that sought maximal clinical benefit for minimal cost.

Since being in America he has focused on outpatient orthopedics and sports injuries. Phil has completed post graduate training in Spinal Manipulative Therapy, Dry Needling, Vestibular Rehabilitation and Blood Flow Restriction Training among many others. He has spent over a decade in the greater Gorham area and opened Elevate Physical Therapy in 2019.

He is passionate about applying his brand of therapy, which he describes as "a progressive, evidence based, outcomes oriented approach combining skilled manual therapy and prescription corrective exercises delivered with an emphasis on patient education and independence." Phil has special interests in treating spinal pain, knee osteoarthritis and shoulder pain.

Phil is married and has two children who keep him on the run when he is not at work. He enjoys playing "real" football, table tennis, taking family hikes and being active with the kids.

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