

Dr. Pam

As a physical therapist, I pride myself on thoroughly evaluating and treating my patients using an evidence based approach, focusing not only on my patient's current medical issue but also on their overall health and wellness. The therapeutic process, patient education and building relationships are important to me, thus my desire is to partner with my patients to help them achieve their goals and optimal outcomes. I am deeply committed to providing outstanding care for my patients to improve their quality of life and functional ability.

My educational background includes earning a Bachelors of Science degree, with Honors, in Psychology from the University of Florida and a Bachelors of Science degree, Magna Cum Laude, in Physical Therapy from the Medical College of Georgia. In keeping with my dedication to life long learning, I also earned my post professional Doctor of Physical Therapy degree from Texas Tech University Health Sciences Center.

I am a devoted physical therapist with many years of experience providing high quality rehabilitation services for a large variety of diagnoses in varied health care settings. This has allowed for the insightful experience of treating a wide variety of patients throughout a broad spectrum of the healthcare continuum. I further advanced my skills by meeting the requirements and training to be able to practice dry needling in Georgia as well as becoming a Certified Vestibular Rehabilitation Specialist through The American Institute of Balance. I have participated in specialized training for the treatment of patients suffering from TMD (Temporomandibular Joint Disorder), cervical pain, headaches and myofascial and chronic pain from one of the leading national experts in the field of TMD, Michael Karegeannes.

I recently created Elevate Physical Therapy LLC so that I could perform physical therapy exactly the way I want to and the way I believe physical therapy was meant to be experienced. More results with less visits. I currently see patients in a beautiful new clinic space located at The Center for Peak Performance in Alpharetta, Georgia. I have focused my outpatient practice to work with patients who are experiencing musculoskeletal pain and dysfunction of any kind as well as those with balance/dizziness/vestibular dysfunction. I have found that to treat musculoskeletal pain, a combination of patient education, therapeutic exercise, manual therapy and dry needling leads to superior outcomes. My patients are often much improved in less visits than a traditional course of outpatient physical therapy, typically 5-8 visits. My goal is to not only rehabilitate and treat my patients, but to also educate and guide my patients in their own recovery to promote future wellness.