

# CATHY SIKORA, MPT, CLT-LANA



Masters Degree in  
Physical Therapy,  
University of Michigan-  
Flint, 1995

#### Member of:

- APTA
- MPTA

#### Certifications:

- Lymphedema Therapy, 2005
- Lymphedema Association of North America, 2007
- MedX Lumbar & Cervical Testing and Strengthening Program

#### Continuing Education/ Interests:

- Myofascial Decompression (Cup Therapy)
- Graston Technique
- CranioSacral Therapy
- Kinesiology Taping
- Muscle Energy Technique
- Mulligan Concept
- Vestibular Rehabilitation

#### Flint Clinic:

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When it comes to patient care, Cathy Sikora, MPT, CLT-LANA is known to go the extra mile. Because of the extraordinary care she provides to her patients, many of them request her services and recommend her to their friends and family.

Cathy joined Advanced Physical Therapy Center in 1994 as an aide. Shortly after, in 1995, she received her master's degree in physical therapy from the University of Michigan-Flint.

Since 2005, most of Cathy's focus has been on the treatment of lymphedema, which is a build-up of lymph fluid within the extremities causing abnormal swelling. She is one of the only clinicians in the area to hold a certification from the Lymphedema Association of North America. Cathy has become known for her excellent care of patients with cancer-related lymphedema.

Cathy also holds a certification in MedX Cervical and Lumbar Testing and Strengthening. She is a well-rounded therapist with years of experience and training and says, "my hands are where my strength is."

She has taken several continuing education courses to ensure that she is learning the latest treatments for her patients. Some of those include Myofascial Release, Muscle Energy Technique, the Mulligan Concept, Strain/Counter-strain, DiMaggio Strategic Orthopedics of the Spine, CranioSacral Therapy, temporomandibular joint disorder therapy, vestibular rehabilitation, Graston Technique, Kinesiology Taping and most recently, Myofascial Decompression, or cup therapy.

Cathy is originally from Flint and now lives in Grand Blanc with her son. Cathy practices out of our Flint clinic.

