

Alejandro Sheppard, DPT



Doctoral Degree in
Physical Therapy,
University of Michigan,
Flint, 2019

Bachelor's Degree in
Public Health & Health
Sciences, University of
Michigan, Flint, 2016

Certifications & Specialties

- Bloodflow Restriction Training (BFR)
- Spine & Neck
- Chronic Pain

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He saw the positive results! Watching his father find success with physical therapy, Alejandro Sheppard, DPT decided he wanted to help others become pain free too. That quest began at the University of Michigan, Flint. Alejandro received his bachelor's degree in Public Health and Health Sciences followed by his doctoral degree in physical therapy in 2019. He joined Advanced Physical Therapy Center, a short time later.

While getting his degree, Alejandro participated in a program called PT Heart. It provides free physical therapy services to people in Flint and allowed Alejandro to gain valuable experience. He discovered he enjoys learning about his patients and developing relationships with them. He learned he likes to create individual plans and tailor his physical therapy treatments to each person.

Alejandro specializes in treating issues of the neck and spine, and those with chronic pain. He also enjoys working with the older population. An athlete in high school, Alejandro played football, basketball and golf, and loves the challenge of helping injured athletes get back in the game, pain free.

In his free time, Alejandro enjoys spending time with his family and friends, going to the movies and traveling.

