

# KAIJA SEKLINS, PT, DPT



Doctoral Degree in  
Physical Therapy,  
University of Michigan-  
Flint, 2017

Bachelor Degree in  
Kinesiology, Michigan  
State University, 2012

#### Member of:

- APTA

#### Special Interests:

- Balance & gait training
- Post-concussion Rehabilitation
- Neurological conditions
- Vestibular Rehabilitation
- Myofascial Decompression (Cup Therapy)

#### Clio Clinic:

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Kaija Seklins, PT, DPT has been an active person all her life. Growing up in Battle Creek, Michigan, she was a competitive dancer for many years and ran track and cross country in high school. She decided that she wanted to go into the physical therapy field after attending several physical therapy sessions with her dad. She loved how personable and friendly everyone was and knew it was something she would like to be a part of. She graduated from Michigan State University with her bachelor's in kinesiology in 2012 and went on to obtain her Doctoral Degree in Physical Therapy from the University of Michigan-Flint in 2017.

During her time in college, she attended continuing education in Physical Therapy Management for Patient's with Concussion and a class on functional exercise for the hip and shoulder from the Gray Institute. She also has attended Beaumont's Oncology Symposium, where she learned various rehab techniques and considerations for patients undergoing chemotherapy and radiation. Her special interests include gait and balance training, post-concussion rehabilitation, physical therapy relating to neurological conditions, and vestibular rehabilitation. Kaija has gained a great deal of experience and knowledge through her studies. During her last clinical rotation, Kaija worked with a spinal cord injury patient who had not been able to walk in over a year. The patient started his therapy with Kaija by taking his first steps in the pool, and by the end of the therapy program, he advanced to walking on dry land. She says it was one of the most rewarding experiences of her career. "He was such a motivated individual. To see all of his hard work pay off was an amazing feeling," said Kaija.

In her practice, Kaija likes to build a good rapport with her patients and get to know them on a personal level. "I love to see the progress my patients make each week, and knowing their story, makes it all the better," states Kaija. Since being hired for Advanced Physical Therapy Center's Clio clinic, she has become a valuable member of the team and says she genuinely enjoys working with the staff. "Everyone works together well, and whenever I've had a question, the staff has been very helpful. It's a great atmosphere to be in," says Kaija.

In Kaija's downtime, she continues to be active by going for short runs whenever possible. In addition to running, she enjoys reading, watching movies and listening to music.

