

Kelly Lubera, PT, DPT



Doctoral Degree in
Physical Therapy,
University of Michigan—
Flint, 2009

Specialties:

- Functional Training
- DiMaggio Strategic Orthopedics for the Spine
- Graston Technique
- Muscle Energy Technique
- Blood Flow Restriction Training (BFR)

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Kelly Lubera, PT, DPT has been in the physical therapy field since she was in her teens. She started her career as an aide at an outpatient physical therapy clinic, and after suffering an ankle injury, was sent to physical therapy for the first time. “I really enjoyed the therapy team that worked with me. They helped me get back to the activities I wanted to do. I knew I wanted to do the same thing someday,” said Kelly. And, she did just that. Kelly graduated from the University of Michigan–Flint with a doctorate in physical therapy in 2009.

Kelly’s post-graduate focus has been on the use of functional training, where she teaches patients to exercise in ways that help them get back to their day-to-day activities. To ensure she is providing the best care for her patients, Kelly has attended several continuing education courses including Anthony DiMaggio’s Strategic Orthopedics for the Spine, which is an educational course for the purpose of resolving complex and unresolved back pain; the Graston Technique for instrument-assisted soft-tissue mobilization; and manual therapy courses, such as Muscle Energy Technique. Kelly is also an excellent therapist for patients suffering from sports-related injuries, lower extremity injuries and gait analysis. In fact, she helped one man, who was having sharp pain in his shoulder, compete in a bodybuilding competition with one-hundred percent function and no symptoms of pain.

When Kelly is not treating patients, she enjoys spending time with her family, practicing yoga, and has a love for traveling and camping. Another passion of hers is sailing. She and her husband own a 30 foot catamaran and love taking long day trips sailing around the Detroit area and Harson’s Island.

If you ask Kelly what she loves about her job, she will tell you, “I love the diversity of the staff at Advanced PT. Everyone is very knowledgeable. Most of all, I like how everyone works as a team. When it comes to patients, I like to incorporate humor anywhere appropriate. I love working with so many different people. I think for physical therapists, you always feel successful when your patients get back to their normal lives.”

