

BRET PETERS PT, DPT



Doctoral Degree in
Physical Therapy,
University of
Michigan-Flint, 2014

Member of:

- APTA

Continuing Education & Interests:

- Biodex Balance Training
- Graston Technique
- Kinesiology Taping
- Muscle Energy Technique
- Vestibular Rehabilitation
- Myofascial Decompression (Cup Therapy)

Grand Blanc Clinic:

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“We are a family. The team effort is incredible, and everyone works together.” That’s what Bret Peters, PT, DPT says about working at Advanced Physical Therapy Center.

Bret began working at APTC in 2008. He received his undergraduate degree in Applied Biology and Pre-Physical Therapy from Ferris State University. He graduated with a Doctorate in Physical Therapy from the University of Michigan, Flint in 2014.

Bret was born and raised in Grand Blanc and is a Grand Blanc High School graduate. Bret joined the Boy Scouts and reached Eagle Scout status – the highest rank that can be attained in the Boy Scouts of America.

When Bret’s brother was diagnosed with Guillain-Barre Syndrome, Physical Therapy helped him in many ways. Seeing that, helped spark Bret’s desire to become a Physical Therapist. Bret also spent time as a student athletic trainer while at Ferris State and his boss there, pushed him to follow his physical therapy aspirations.

Bret says the best part of his job is getting to know people, learning about their lives and making them better. Bret recalls one patient’s story that sticks out in his mind. He came to him after years of being in pain. After Bret’s treatment, the patient stood up and began crying because it had been so long since he’d felt some relief.

Bret is an expert in treating low back pain and shoulder injuries and specializes in vestibular rehabilitation and muscle energy techniques. He has also taken continuing education courses in Graston technique, myofascial decompression and kinesiology taping.

Bret believes there are ways to significantly decrease pain with slight adjustments. He says traumatic surgery doesn’t always need to be the first option. He also hopes his patients understand, a diagnosis doesn’t always mean the same thing for everyone. Bret believes in working with people on an individual basis, often focusing on small changes by pulling parts of the body back into place. His approach is not one size fits all.

Bret spends some of his free time golfing, bowling, playing ping pong and darts. He’s an avid runner and hits the gym 3-4 times a week. Bret has spent time in many of the Advanced Physical Therapy Center clinics but is now working out of the Grand Blanc location.

