

EWA PLUSZCZYK, PT



Licensed Physical Therapist,
Michigan

Bachelor of Science in
Physical Rehabilitation and
Physical Education,
Academy of Physical
Education, Poland, 1994

Member of:

- APTA

Specialties & Interests:

- Neck & Back Pain
- Shoulder/Knee/Hip Surgery and Replacements
- Joint Mobilization
- Sports Rehabilitation
- Kinesiology Taping
- Craniosacral Therapy
- Myofascial Release
- Myofascial Decompression (Cup Therapy)
- Blood Flow Restriction Training (BFR)

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Ewa Pluszczyk, PT has been a physical therapist since 1994. She graduated with a Bachelor of Science in Physical Rehabilitation and Physical Education from the Academy of Physical Education in Poznan, Poland. After moving to the United States in 1996, she received her Michigan Physical Therapy License.

Ewa is a manual, hands-on PT with 25 years of experience in outpatient, orthopedic physical therapy. She has over 10 years of direct care experience, working closely with neurosurgeons and orthopedic surgeons on challenging cases of neck and back pain and post-operative shoulder and knee recovery. She has helped athletes from nearly every discipline and credits her success to the fact that she targets the cause of the pain and designs individualized programs to improve and restore physical function as well as alleviating pain. If something doesn't work, she's willing to shift gears until she finds something that does. Her success stories are countless.

Ewa is an avid tennis player. She plays at least two times a week and competes with a team out of the Deer Lake Athletic Club, that won a state championship in 2018. Ewa lives in White Lake with her husband, two children and the family dog.

