

# Justin Brown, PT, DPT, ATC



Doctoral Degree in  
Physical Therapy,  
University of Michigan-  
Flint, 2015

## Member of:

- MPTA & APTA
- Orthopedic Athletic Sports  
Medicine Physical Therapy  
Section for APTA

## Certifications:

- Athletic Training
- Strength & Conditioning
- Orthopedic Specialist
- Fascial Movement  
Training—Level 1 & 2
- Titleist Performance  
Institute

## Specialties:

- Sports-related injuries &  
Sports medicine programs
- Myofascial Decompression  
(Cup Therapy)

## Clio Clinic

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When it comes to sports rehabilitation, Justin Brown, PT, DPT, ATC, is an expert. In addition to being a doctor of physical therapy, Justin is a certified athletic trainer and a certified strength and conditioning specialist. In 2014, he graduated from the University of Michigan-Flint with a doctoral degree in physical therapy and completed his residency in the Orthopedic Clinical Specialist Program in 2015. His education and experience have given him intricate knowledge into the biomechanical aspects of landing, jumping and overhead throwing techniques in relation to athletics. When working with athletes, Justin focuses on increasing strength, endurance and power. He teaches them how to use proper muscle activation, neuromuscular control and synergism to get the most out of their bodies safely. During his college career, Justin created an updated protocol for knee injury prevention and rehabilitation for female athletes utilizing the latest medical studies and research. He is still using this protocol in his practice today.

Justin has a passion for teaching and coaching. He is an adjunct professor for the University of Michigan's Physical Therapy Program. He also served as an on-site physical therapist for U of M Club Sports for soccer and hockey. He volunteered as an assistant coach for the Millington High School baseball team for two years, worked as a student athletic trainer for a collegiate volleyball team, and worked and played for the minor league football team, the Genesee Patriots.

Justin strives to keep up on the latest treatments and technologies and is in constant pursuit of continuing education in athletic based populations. He is level one and level two certified in Fascial Movement Training. He also received a certification in golf-specific injury assessment and rehabilitation from the Titleist Performance Institute and is one of the only clinicians in the area to have this distinction and training. He has attended several seminars covering the topic of the overhead throwing phase in athletics. He also completed a course in Myofascial Decompression (Cup Therapy).

Although Justin feels that he is best at treating high school and college athletes, he enjoys working with all patient demographics. Justin works out of Advanced Physical Therapy Center's Clio location. When Justin is not treating patients, he volunteers at the local batting cages instructing players on proper form and technique. Justin knows that return-to-play decisions can be difficult, so he likes to help by providing insight to parents, coaches and other healthcare professionals on where the athletes are at in the recovery process.



"Keeping athletes on the field safely and helping them reach fullest potential in their sport is what drives me. I want to help enable them to keep pursuing their passion," Justin Brown.