

# Kristy Colt, PT, MSPT, ATC



Master of Science  
Degree in Physical  
Therapy, University of  
Indianapolis, 1998

Master of Science in  
Athletic Training, West  
Virginia University, 1996

Bachelor of Science  
Degree in Athletic  
Training, Ithaca College,  
1994

#### Certification:

- Athletic Training
- Trigger Point Dry  
Needling

#### Specialties:

- Manual Therapy
- Pregnancy & Post-  
partum Rehab

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Kristy Colt, PT, MSPT, ATC graduated from Ithaca College with a bachelor's degree in athletic training in 1994 and obtained her Master of Science Degree in Athletic Training from West Virginia University in 1996. As an athletic trainer, most of the work Kristy was doing with athletes pertained to the extremities, and she later realized that she wanted to learn more about treating the entire athlete, including the rehabilitation of the spine. After a couple years of working with athletes and their injuries and having suffered an injury herself during her years as a soccer player for Ithaca College, Kristy decided to pursue a career in physical therapy. Kristy went onto receive a Master of Science Degree in Physical Therapy from University of Indianapolis in 1998.

Kristy's post-graduate focus has been on the utilization of manual therapy techniques, such as the Mulligan Technique, which addresses musculoskeletal disorders using joint mobilization to restore function and provide pain relief. She also resources various other pioneers in physical therapy, like Stanley Paris. Kristy's continuing education includes a certification in trigger point dry needling; pelvic physical therapy for the treatment of postpartum and pregnancy-related conditions; and a training course in post-mastectomy rehabilitation.

Kristy is originally from Massachusetts, but prior to relocating to Michigan, Kristy spent a number of years working adjacent to a large group of orthopedic surgeons in Houston, Texas; which she feels helped hone her skills in post-operative care. Because of her extensive knowledge in sports medicine and her education in dry needling, Kristy has treated many runners; and while living in Phoenix, Arizona, built up quite a following in the running community.

Kristy practices at Advanced Physical Therapy Center's Hartland clinic. When Kristy is working with her patients, she likes to look at "the big picture" and takes special notice of the patients' posture and core, which she finds correlates to most injuries. She also likes to create a fun environment and atmosphere. "Patients can have a false pretense that physical therapy is supposed to be difficult and painful. It shouldn't be. Yes, there is some work involved. But if you keep it fun, patients will be more engaged and enjoy the process more," says Kristy.

