

Rachel Selina, PT, DPT



Doctoral Degree in
Physical Therapy,
University of Michigan,
Flint. 2017

Bachelor's Degree in
Exercise Science,
Cedarville University

Special Interests/Training:

- Neck & Back Injuries
- Running, CrossFit,
Climbing Injuries
- TMJ
- Headaches
- Dry Needling
- Manual Therapies
- Blood Flow
Restriction Training

Waterford Clinic:
6650 Highland Rd.
Waterford, MI 48327
(248) 618-3050

Hartland Clinic:
11182 Highland Rd.
Hartland, MI 48353
(810) 632-8700
RSelina@advpt.com
AdvancedPhysicalTherapy.com

“I love being able to help people not just get back to doing what they love, but also to become healthier, stronger people overall.”

Rachel Selina, PT, DPT is dedicated to pushing people to reach their full potential through hard work and enthusiasm. She loves exercise and fitness and decided to become a Physical Therapist knowing she wanted to help others stay moving and active. Rachel received her doctorate in Physical Therapy in August 2017 from the University of Michigan, Flint. She also graduated with a bachelor's degree in Exercise Science with a minor in Spanish from Cedarville University in Ohio.

Rachel joined the Advanced Physical Therapy Center team in 2020 after seeing patients at two other centers. During that time, Rachel became passionate about restoring motion, strength, and function in those with neck and back pain along with those who are facing running, CrossFit and climbing injuries. She has specialized training in several Manual Therapies, Blood Flow Restriction Training, Dry Needling and Running Analysis. Rachel says she truly enjoys “whenever I get to help someone get back to running who thought they wouldn't be able to.” Rachel is also an expert in treating TMJ and headaches.

Rachel spends some of her time away from Advanced PT as a teaching assistant at the Institute of Clinical Excellence, a continuing education program for physical therapists. There, she passes along her knowledge and expertise of lumbar and cervical spine rehabilitation to students.

Fitness is Rachel's main hobby, but she also loves traveling, cooking and salsa dancing. She lives in Highland with her husband, John and their dog, Yuri.

Rachel wants everyone to know, “Physical therapy can be hard. I like to push people to work hard and achieve their full potential, but all with a smile and encouragement.”

