

## Cathy Reeves, DPT, Physiotherapist with Rehabilitation and Performance Institute

Get to know Physiotherapist Dr. Cathy Reeves, who serves the population of Mount Vernon, Indiana.



**New York City, Mar 20, 2019 (IssueWire.com)** - Dr. Reeves is a physical therapist, athletic trainer, and clinic manager with Physiotherapist with Rehabilitation and Performance Institute, she established the fourth location for the organization. Additionally, Dr. Reeves is the Athletic Trainer at Mount Vernon High School.

Rehabilitation and Performance Institute value one-on-one time with their patients, incorporating specific strategies tailored to meet you where you are in life and help you meet your goals. Through injury prevention, rehabilitation, wellness, or performance enhancement, they are here to serve you.

Dr. Reeves completed her undergraduate degree from the University of Evansville with her Bachelors of Athletic Training in 2010. Furthering her education she graduated with her Doctorate in Physical Therapy from her alma mater in 2012. Dr. Reeves holds additional certification as an orthopedic manual therapist and as an athletic trainer. As well as in Level 1 and 2 Functional Dry Needling, selective functional movement assessment, and Y-balance testing. Furthermore, she is a credentialed clinical instructor from the American Physical Therapy Association, an organization that seeks to improve the health and quality of life of individuals in society by advancing physical therapist practice, education, and research, and by increasing the awareness and understanding of physical therapy's role in the nation's health care system.

Physical Therapy is the interdisciplinary field of medicine and physics. Physiotherapists are healthcare professionals who help patients to alleviate their pain or improve/restore their mobility through different exercise and physical activities. Dr. Reeves enjoys treating athletes and wants all her patients to know that her biggest focus is to get them back to doing what they love!

Dr. Reeves attributes her professional success to understanding the needs of all her patients. When not working, she enjoys going back to her hometown and working on her farm, spending time with family and friends, enjoying nature, and watching many different sporting events.

### **Learn More about Dr. Cathy Reeves:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/987866-Cathy-Reeves-Physical-Therapist-Owensboro-KY-42303>

Her profile with Rehabilitation and Performance Institute,

<https://rehabilitationperformance.com/clinics/mt-vernon-in/>

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Source : Cathy Reeves, DPT

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