

John P. Monahan, PT, DPT, Physical Therapist with Quality Care Physical Therapy, Inc.

Get to know Physical Therapist Dr. John P. Monahan, who serves patients in Bothell, Washington.



New York City, Apr 18, 2019 (Issuewire.com) - Quality Care Physical Therapy, Inc. (QCPT) was founded by Dr. John P. Monahan, PT, DPT in September of 2001. QCPT is an influential local owned physical therapy clinic providing outpatient orthopedic and sports rehabilitation. Its mission is to help patients of all ages live their lives to the fullest by providing them with high-quality care using the latest and most advanced techniques.

Dr. Monahan is a native of Bothell, Washington. He graduated from Bothell High School in 1988. He is also an active member of the Greater Bothell Chamber of Commerce.

Dr. Monahan is a board member for the Northshore YMCA, whose mission is to build a community where all people, especially the young, are encouraged to develop their fullest potential in spirit, mind and body.

Dr. Monahan attended Washington State University, where he graduated with a Bachelor's degree in Biology with a Minor in Psychology (1994). Following graduation, he went on to attend Finch University of Health Sciences/Chicago Medical School, where he received his Bachelor's degree in Physical Therapy (1997). Dr. Monahan also received his post-professional Doctor of Physical Therapy (DPT) degree at Rosalind Franklin University of Medicine and Science (2006).

Dr. Monahan authored chapter 22 "The Ankle and Foot" in the textbook: *Therapeutic Exercise: Moving Toward Function* (2nd Edition). While writing the chapter over an 18 month process, he gained extensive knowledge in physical therapy research and techniques.

Dr. Monahan was initially influenced by his parents to get into the field of medicine. His mother was a registered nurse on the orthopedic floor at Virginia Mason Hospital in Seattle and his father was a family practice physician in Bothell. While traveling through Europe, Dr. Monahan met a Danish physical therapist who inspired him to follow his profession.

Physical therapy is a growing part of the medical industry. Physical therapists, like Dr. Monahan, are key to recovery for some patients who are recuperating from injuries, illnesses, and surgery. They work with patients to help them regain movement and manage pain, either in a hospital or clinical setting. "I grew up in healing, altruistic, compassionate environment. I spent my childhood going on various house calls with my father, learning how to care for people in need. My parents are truly a gift to me that I will always be thankful for" said Dr. Monahan.

Dr. Monahan is committed to lifelong learning. "The more I know, the better I can help my patients. The human body is the world's most complex machine" he said.

In his spare time, Dr. Monahan enjoys spending time with his wife and kids. He also enjoys many outdoor sports, including golf, tennis, skiing, fly fishing, and hiking.

Learn More about Dr. John P. Monahan:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3622369-John-Monahan-physical-therapist-Bothell-WA-98011> or through Quality Care Physical Therapy, Inc <http://www.qualitycarept.com/Therapists/Therapists/a~2383--c~331187/article.html>

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