

Negin Jalayer, PT, DPT, COMT, a Physical Therapist with Marathon Physical Therapy

Get to know Physical Therapist Dr. Negin Jalayer, who serves patients in Great Neck, New York.



is a licensed physical therapist who uses a manual-based, hands-on approach to alleviating pain, restoring strength and flexibility, and bettering her patients' conditions. She is the owner & operator of Marathon Physical Therapy in Great Neck, New York.

With a vast amount of knowledge and experience in her field, she treats common conditions such as low back pain, arthritis, disc herniation, pinched nerve, headaches, total knee/hip replacements, and knee/shoulder injuries. She employs skilled manual therapy techniques, including myofascial release, active release technique, positional release therapy, and muscle energy to treat and correct movement impairment syndromes. Promoting a healthy lifestyle and physical wellness, her treatment philosophy focuses on treating the cause of a person's physical problem, and not just the symptoms.

Throughout her academic career, Dr. Jalayer graduated magna cum laude from Northeastern University in 2004 with a Master of Science degree in Physical Therapy. In 2007, she completed her Doctor of Physical Therapy (DPT) degree at Northeastern University.

In 2008, she became a board-certified Orthopedic Clinical Specialist (OCS) in physical therapy, a designation held only by 5% of licensed physical therapists in New York State.

Physical therapy (PT), also known as physiotherapy, is one of the allied health professions that, by using evidence-based kinesiology, electrotherapy, shockwave modality, exercise prescription, joint mobilization and health education, treats conditions such as chronic or acute pain, soft tissue injuries, cartilage damage, arthritis, gait disorders, and physical impairments typically of musculoskeletal, cardiopulmonary, neurological, and endocrinological origins. Physical therapy is used to improve a patient's physical functions through physical examination, diagnosis, prognosis, physical intervention, rehabilitation, and patient education. It is practiced by physical therapists (known as physiotherapists in many countries).

In addition to English, Dr. Jalayer is fluent in Persian.

Learn More about Negin Jalayer:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2953066-Negin-Jalayer-Physical-Therapist> or through Marathon Physical Therapy, <https://marathonptny.com/our-team/negin-jalayer/>

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