

Okon Antia, PT, DPT, Founder and Physical Therapist with Campus Motion Physical Medicine & Wellness

Get to know Physical Therapist Dr. Okon Antia, who serves patients in Cypress, Texas.



New York City, Nov 23, 2020 ([Issuewire.com](https://www.issuewire.com)) - Dr. Antia, also known as “Dr. O”, is a licensed physical therapist serving as the Founder of Campus Motion Physical Medicine & Wellness in Cypress, Texas. His main objective is to make physical medicine and wellness services more accessible and convenient by helping patients optimize “Movement wherever you are”™.

An advocate of injury prevention and injury risk assessment, he has a particular interest in the care and management of athletes and active people who are not willing to let injury or pain stop them from performing in their respective sports, work activities, or activities of daily living. His goal is always to maximize function in the most efficient manner utilizing a combination of manual therapy, exercise, and educational guidance customized to each patient's needs.

In regards to his educational background, Dr. O graduated from the University of Texas Medical Branch at Galveston in 2007 with a Master of Physical Therapy degree. He then went on to earn his post-professional Doctor of Physical Therapy degree in Sports Physical Therapy from the EIM Institute of Health Professions in 2019. He attained board certification through the American Physical Therapy Association as a Orthopedic Certified Specialist (OCS) in 2010 and as a Sports Certified Specialist (SCS) in 2013.

Combining knowledge and skill, he is a Certified Strength and Conditioning Specialist (CSCS) and a Certified Clinical Instructor for physical therapy students, having taught courses on return to play criteria post-injury. Other certifications he holds include Trigger Point Dry Needling and Instrumented Assisted Soft Tissue Mobilization.

Promoting wellness in healthcare, he has served as a mentor in orthopedic and sports residencies, and as a rehabilitation consultant for the athletics program at a NCAA Division I university. In addition to these roles, he has served in formal operational and clinical leadership positions in his career.

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).

Learn More about Okon Antia:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82133169> or through Campus Motion Physical Medicine & Wellness, <https://www.campusmotion.org/about>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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