

Alex Rodrigues Brito, DPT, PT, a Physical Therapist with Springfield Physical Therapy & Wellness

Get to know Physical Therapist Dr. Alex Rodrigues Brito, who serves patients in Springfield, New Jersey.



New York City, New York Dec 2, 2022 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Brito, a practicing physical therapist, is the Owner of Springfield Physical Therapy & Wellness, bringing his extensive knowledge, skill, and passion for therapy to every patient.

His professional calling started with his experience as a soccer player on various teams where he discovered the profound impact physical therapy could have on one's life. Since then, he has spent years honing his craft and building a practice that reflects his unique vision – to offer a practice driven by superior personalized one-on-one care and an unparalleled therapeutic relationship.

Growing up in Hillside, Dr. Brito graduated top of his class in high school. He earned his Bachelor of Science degree in Biology Cum Laude at NJIT, was in the Albert Dormans Honors College, and was on the Men's Division I soccer team. He then completed his studies at Touro College in New York, where he acquired a Doctorate in Physical Therapy, and a Bachelor of Science in Health Science, and was

awarded the highest Clinical Achievement Award.

Upon graduating from Touro College, Dr. Brito immediately began his career by working at the Universal Institute of Rehab, specializing in traumatic brain injury and spinal cord injury. From there, he went on to work for and manage three outpatient clinics, specializing in post-op rehab, sports rehab, orthopedics, etc.

Driven by his desire to solve problems and continuously expand his professional knowledge, he is an active member of the American Physical Therapy Association, the Springfield Chamber of Commerce, and Sports Club Portuguese in Newark. He also runs a blood drive in his office with the American Red Cross Association every August.

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).

Happily married, Dr. Brito and his wife, Grace, have two beautiful daughters together. He is an avid soccer player, spending his weekends on the field. These activities serve as a great source of entertainment and firsthand knowledge of the injuries he treats every day in his practice.

Learn More about Dr. Alex Rodrigues Brito:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1064053-Alex-Rodrigues-Brito-Physical-Therapist> or through Springfield Physical Therapy & Wellness, <https://springfieldptwellness.com/our-team/>

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