

Glenn Forsyth, DPT, PT, CSCS, a Physical Therapist with Springfield Physical Therapy & Wellness

Get to know Physical Therapist Dr. Glenn Forsyth, who serves patients in Springfield, New Jersey.



New York City, New York Dec 2, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Forsyth is a staff physical therapist at Springfield Physical Therapy & Wellness, an outpatient orthopedic practice in Springfield, New Jersey.

He brings a holistic approach to each patient he treats, stemming from his multifaceted education and

experience with nutrition, personal training, stress and lifestyle management, and of course, orthopedic physical therapy.

Treating a myriad of injuries and pain-related conditions, Dr. Forsyth is constantly inspired by his colleagues and patients to continue pursuing knowledge and adapting new methods of holistically-treating populations who are seeking better health through movement and fitness. He believes that the greatest tools for managing pain and injury risk are confidence and a positive outlook. That is ultimately the best route when building a robust, healthy body.

Growing up as a wrestler and avid gym-goer, Dr. Forsyth recognized his passion and fascination with human movement and performance, while truly appreciating the specific protocols and programming it took to achieve desirable results. He utilized this personal interest in pushing the human body to different limits to steer his educational pursuits. He received his Bachelor of Science degree in Nutrition and Food Sciences from New York University and his Doctorate of Physical Therapy from Rutgers School of Health Professions.

Directly out of school, he gained experience from treating a myriad of orthopedic conditions, including but not limited to post-operative, fractures, strains and sprains, chronic pain, and joint instability, in an outpatient setting prior to arriving at SPTW.

A firm believer that physical therapy continues well beyond relieving pain symptoms, Dr. Forsyth believes that it should be used to bridge the gap for return to higher-level activities of daily living and/or specific sports performance. This may involve a transition from muscular re-education in foundational positions and lower-level corrective exercises to performing larger, compound exercises and higher-level sport-specific movements all within the same plan of care.

Outside of the clinic, Dr. Forsyth is a teacher's assistant for several first-year PT courses at his alma mater Rutgers, consults with club wrestling teams and injury risk management and strength/conditioning programming, and conducts personal training sessions for individual clientele.

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 his spare time, Dr. Forsyth enjoys staying physically active and hiking with friends, visiting the shore all year round with his girlfriend, and constantly questioning his allegiance to the New York Football Giants.

Learn More about Dr. Glenn Forsyth:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/83538427-Glenn-Forsyth-Physical-Therapist> or through Springfield Physical Therapy & Wellness, <https://springfieldptwellness.com/our-team/>

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