

Samantha Dawn Ritz, DPT, a Physical Therapist with Function Physical Therapy

Get to know Physical Therapist Dr. Samantha Dawn Ritz, who serves patients in Richardson, Texas.



New York City, New York Dec 19, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Ritz is a highly skilled physical therapist, musculoskeletal specialist, racket sport injury expert, tennis player, fitness enthusiast, and whole-body focused clinician. She is the Founder of Function Physical Therapy in Richardson, Texas, providing services in the comfort of one's own home and around their schedule.

Working with clients of all ages and skill levels, Dr. Ritz provides extensive education and skill enhancement for each of her patients. She specializes in treating tennis & pickleball athletes, ensuring a safe and effective recovery.

A firm believer that effective physical therapy is about more than just following a standard protocol, Dr. Ritz left her previous outpatient job due to a lack of belief in the traditional healthcare model and burnout from not having enough one-on-one time with her patients. That is why she created Function Physical Therapy, a place where patients can receive tailored, specific, and highly effective one-on-one care focused on their unique needs and goals.

Sessions are one-on-one to focus on meeting the individuals' goals. Treatment sessions involve hands-on, first-rate care for rehab and recovery purposes. This functional approach aims to be holistic, assessing the entire body to improve function and movement.

Originally from Rowlett, Texas, Dr. Ritz has a robust background in athletics and sport. She attended McMurry University in Abilene, Texas for her Bachelor's Degree in Human Performance & Exercise Science while playing for the women's tennis team. She was a NCCAA First Team All American and recipient of the ASC Distinguished Scholar Award during her time in Abilene.

Subsequently, Dr. Ritz furthered her education at UNT Health Science Center in Fort Worth, Texas, achieving her Doctor of Physical Therapy Degree and earning the Dean's Award for Scholarly Excellence in Clinical Practice. She has since accumulated valuable experience working in outpatient settings, focusing on musculoskeletal populations.

Additionally, Dr. Ritz holds certification in Dry Needling, completing her certification through IAR. This comprehensive skill set equips her with an extensive and well-rounded toolbox for effective treatment and recovery efforts.

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 Dr. Samantha Dawn Ritz:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/84827698> or through Function Physical Therapy, <https://www.functionphysicaltherapy.org/about>

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