

Rachel E. Odom, PT, DPT, Leading Physical Therapist in Alexandria, Virginia

Embodying Expertise, Empathy, and a Holistic Approach to Healing that Transforms Patients' Lives



New York City, New York Jul 2, 2024 ([IssueWire.com](https://www.issuewire.com)) - Dr. Rachel E. Odom, PT, DPT, is a distinguished physical therapist known for her exceptional skills and compassionate care at Mount Vernon Physical Therapy in Alexandria, Virginia. With a commitment to personalized treatment and a focus on the overall well-being of her patients, she is dedicated to providing transformative care that goes beyond just physical rehabilitation.

Having obtained her Undergraduate Degree from the United States Naval Academy and her Doctorate in Physical Therapy from Marymount University, Dr. Odom has a unique background that sets her apart. Her experience includes over five years of service in the United States Marine Corps, where she honed her discipline and dedication before transitioning to a career in physical therapy in Northern Virginia.

Specializing in a wide range of areas such as vestibular dysfunction, concussion management, return-to-sport rehabilitation, and post-operative care, Dr. Odom is committed to helping her patients achieve their individual goals. She is certified in dry needling (CMTPT/DN), and is an Assistant Instructor at MyoPain Seminars in Bethesda, Maryland, and uses a number of modalities/techniques including manual therapy, therapeutic exercises, and functional mobility training to tailor her treatment plans to each patient's unique needs. Her approach is patient-centered, with a focus on holistic and evidence-based care to promote optimal physical function and overall well-being.

Beyond her professional endeavors, Dr. Odom enjoys outdoor activities with her daughter, attending sporting events (Saints, LSU, Braves, Navy, Caps), visiting the beach, weightlifting, boating, traveling, cooking, and reading. Her favorite professional publications include the Journal of Orthopaedic & Sports Physical Therapy and The New England Journal of Medicine.

Whether she is assisting a post-operative patient in regaining mobility, guiding an athlete back to peak performance, or providing care to those with complex medical conditions, Dr. Odom's goal remains the same: to help her patients reach their fullest potential. Her dedication to excellence and compassionate care makes her a sought-after physical therapist in the Alexandria community, where she continues to inspire those around her to prioritize health and wellness.

Learn More about Dr. Rachel E. Odom:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81479374-Rachel-Odom-Physical-Therapist> or through Mount Vernon Physical Therapy, <https://www.mountvernonpt.com/staff>

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