

Dr. Charles Kirkland, PT, DPT, DMT: Advanced Manual Therapy for Complex Spine and Movement Cases in Northwest Indiana

Expert in Complex Spine Rehabilitation and Advanced Manual Therapy for Lasting Recovery and Improved Movement



New York City, New York Aug 27, 2025 ([Issuewire.com](https://www.issuewire.com)) - For more than two decades, Dr. Charles Kirkland has built a reputation for resolving difficult neck, back, and spine-related conditions through a

combination of advanced training and hands-on clinical skill. At **Living Water Wellness & Therapy** in Merrillville, he provides one-to-one manual therapy and mechanical assessment for patients whose progress has stalled with standard care.

Credentials & Training

- **B.S., Morehouse College (1997)**
- **Doctor of Physical Therapy, Creighton University (2000).** *First African American male in the United States to earn the DPT degree*
- **Doctor of Manual Therapy, Ola Grimsby Institute (2007)**
- **Fellowship in Manual Therapy, Ola Grimsby Institute (2008)**
- **Mechanical Diagnosis & Therapy (McKenzie Method A-D)** Recent advanced training/completion
- **Performance Enhancement Specialist (NASM)**
- **Healthy Lifestyle Coach, DTTAC (Emory University)**

Referral Focus

Dr. Kirkland often works with:

- Patients with persistent neck or back pain beyond 6 - 12 weeks
- Radicular pain or paresthesia unresponsive to standard PT
- Post-operative spine cases falling behind milestones
- Athletes with recurring movement issues tied to spine/hip mechanics
- Patients requiring **in-home therapy** when clinic access is a barrier

Approach to Care

Drawing on 24 years of practice and advanced fellowship-level training, Dr. Kirkland begins each case with a detailed mechanical assessment to identify the true driver of symptoms. Treatment combines manual therapy with McKenzie-based loading strategies, progressing into functional strengthening. Each plan includes simple, sustainable home exercises so patients see progress between visits. Referring clinicians receive concise updates and open access for dialogue.

"I believe in empowering my patients through education and effective treatment," says Dr. Kirkland. "My goal is to help them not only recover from pain but also to prevent future injuries." Dr. Kirkland notes.

Why Colleagues Refer

Peers often send cases that are complex, recurrent, or labeled as "non-responders." Dr. Kirkland's advanced training, combined with his ability to integrate techniques into practical, patient-friendly care, often produces results when conventional approaches haven't been enough.

Learn More about Dr. Charles Kirkland:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2489253-Charles-Kirkland-Physical-Therapist> or through Living Water Wellness and Therapy, <https://www.livingwaterwellnesstherapy.com/about-5>

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Source : Dr. Charles Kirkland

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