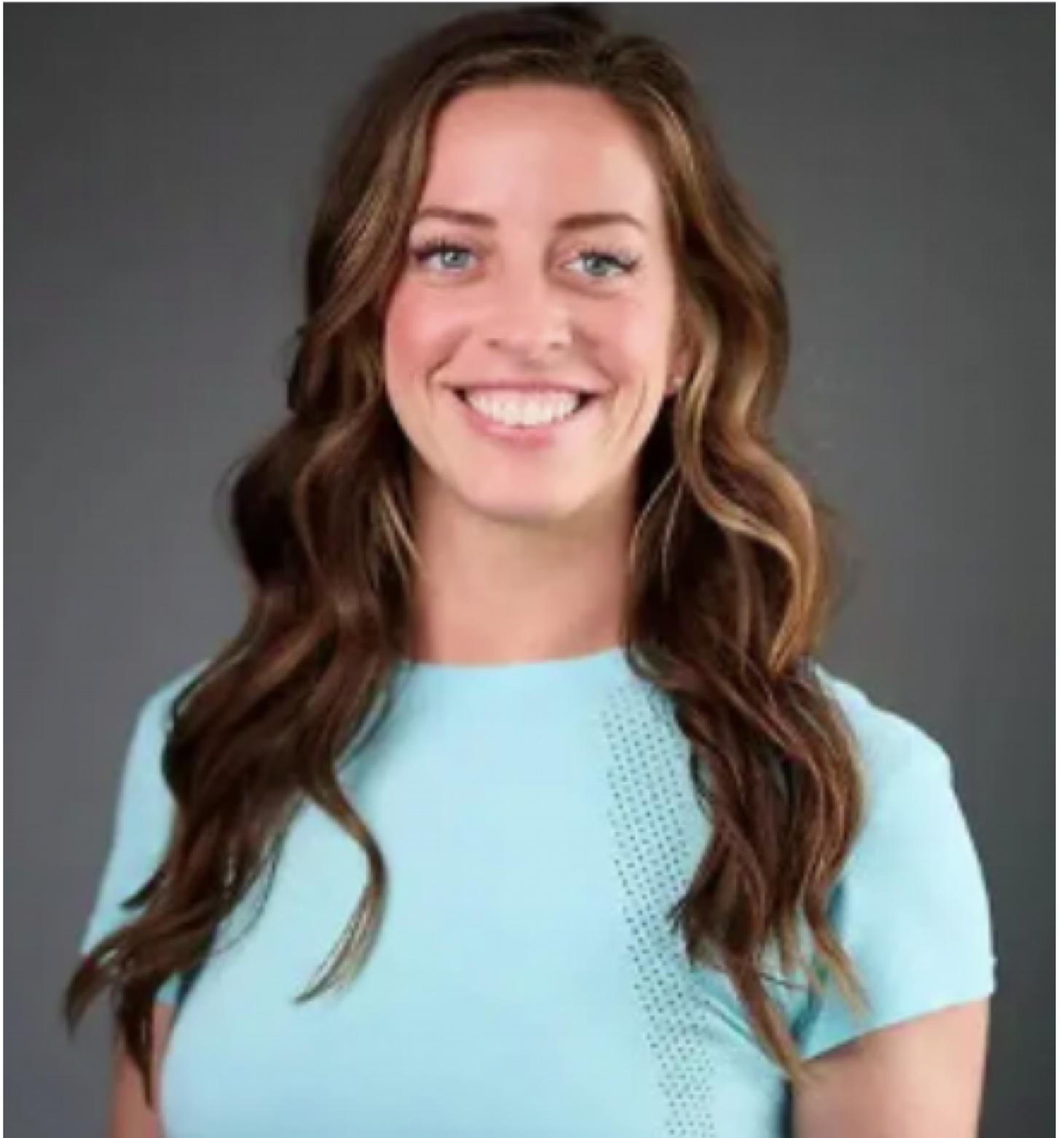


America's Best In Medicine Features Chaeli Greco, PT, DPT, OCS: Omaha Physical Therapist And Greco PT & Armcare Owner

Delivering Strength-Based, Coaching-Driven Physical Therapy to Empower Patients to Regain Strength and Mobility



Omaha, Nebraska Mar 3, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Chaeli Greco, PT, DPT, OCS, is a highly skilled Doctor of Physical Therapy and Board-Certified Orthopedic Clinical Specialist renowned for her expertise in orthopedic rehabilitation and the treatment of overhead athletes. She brings a unique combination of professional excellence, personal experience, and compassionate care to every patient she treats, helping individuals restore movement, strength, and confidence.

A proud graduate of Rockhurst University, Dr. Greco earned both her Bachelor's Degree in Exercise and Sport Science, with a minor in Physics of Medicine, and her Doctor of Physical Therapy. Early in her career, she traveled extensively across the United States as a physical therapist, gaining comprehensive experience in outpatient orthopedics, home health, and strength training. These formative years shaped her holistic approach to care, emphasizing patient education, progressive strengthening, and individualized treatment plans.

Dr. Greco spent five years on Cape Cod providing outpatient and home health physical therapy while coaching strength training for patients and athletes of all ages. Her personal journey—including seven knee surgeries—provides her with a rare empathy for patients navigating pain, injury, and recovery. This firsthand experience fuels her dedication to guiding patients through the rehabilitation process with understanding, encouragement, and evidence-based practices.

Dr. Greco, based in Omaha, Nebraska, is the Owner and Clinician of **Greco PT & Armcare**, an innovative clinic specializing in shoulder and upper-extremity rehabilitation. While her practice addresses a broad spectrum of orthopedic conditions, she has a particular focus on helping throwing athletes recover from injuries and optimize performance.

Grounded in fostering patient autonomy, building functional strength, and promoting long-term recovery, Dr. Greco combines evidence-based physical therapy with a deep understanding of the throwing motion. "I enjoy practicing medicine because it is such an active and engaging profession—one that allows me to help others grow and heal. I value the meaningful one-on-one interactions I share with my patients, as they allow me to truly understand their needs, support their progress, and make a direct impact on their overall well-being," she says.

Greco PT & Armcare is deeply rooted in a personal history with baseball. Dr. Greco's father enjoyed a 30-year coaching career, achieving 13 State Championships and earning a spot in the Hall of Fame, while her brother was a collegiate pitcher whose career included experiences with throwing-related injuries. This family legacy informs the clinic's unique approach: rather than treating pain and throwing mechanics separately, the practice integrates both. Athletes receive a personalized plan that addresses the underlying causes of pain related to the throwing motion, combines evidence-based rehabilitation strategies, and provides a clear path to safely return to throwing and competition.

Through her expertise, personal insight, and unwavering commitment to patient care, Dr. Chaeli Greco continues to advance her mission of helping individuals achieve pain-free living, regain confidence, and maximize their physical potential.

Learn more about Dr. Chaeli Greco:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/chaeli-greco> or through her profile on Greco PT & Armcare, <https://greco-pt.com/who-we-are>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

Source : Dr. Chaeli Greco

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