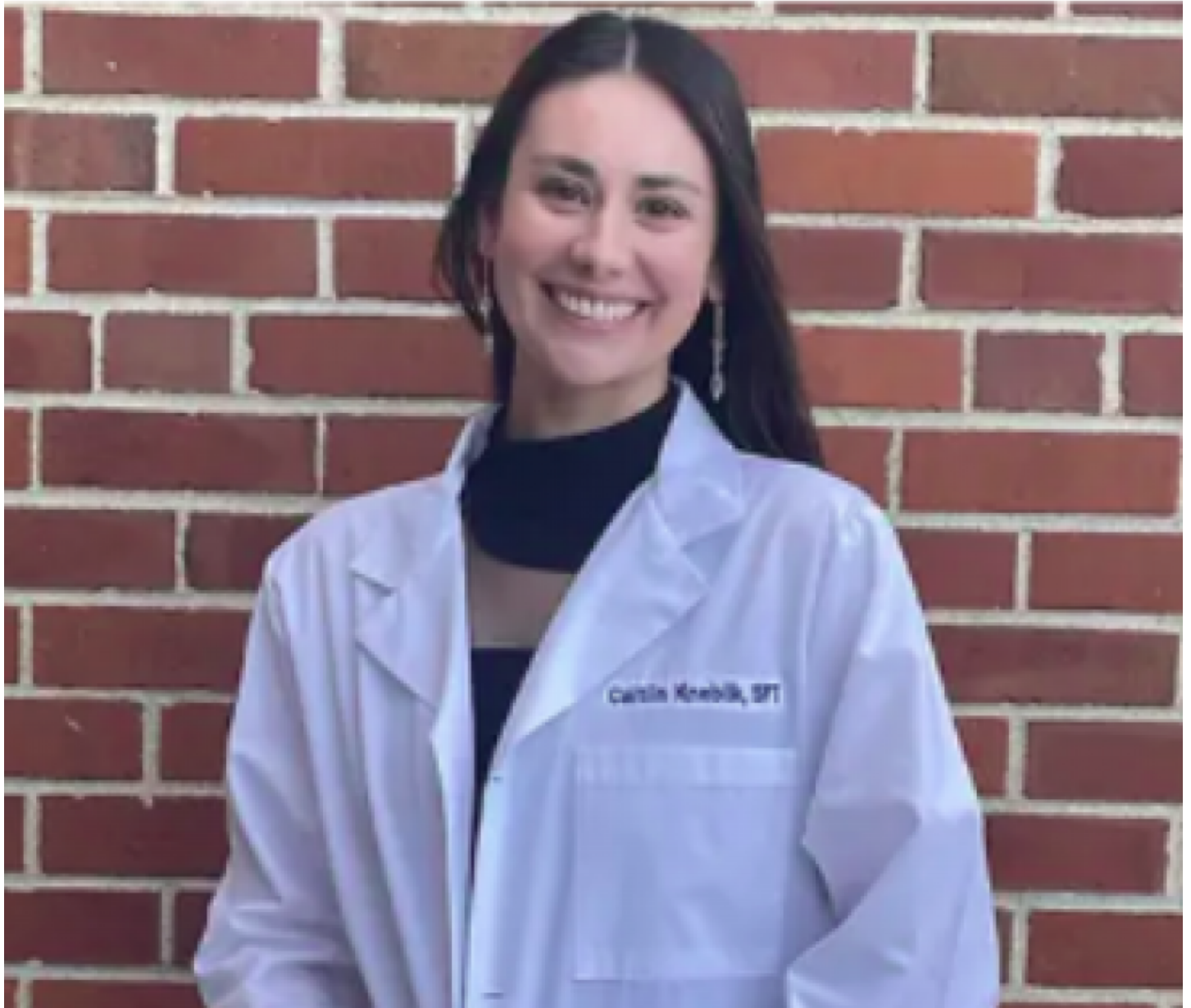


America's Best in Medicine Features Caitlin Kneblik, PT, DPT: Licensed Physical Therapist at Bentz Physical Therapy

Former Collegiate Athlete Uses Her Own Recovery Journey to Inspire Healing, Mentorship, and Patient Confidence in Texas



Keller, Texas May 14, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Caitlin Kneblik, PT, DPT, is transforming personal adversity into compassionate, patient-centered care as she helps individuals regain mobility, confidence, and independence through physical therapy. Drawing from her own journey as a collegiate athlete recovering from a devastating injury, Dr. Kneblik brings empathy, authenticity, and encouragement to every patient interaction.

Her path toward physical therapy began unexpectedly during her freshman year at East Central University, where she attended on a softball scholarship. During practice, Dr. Kneblik fractured her leg while sliding into a base, an injury that left her non-weight-bearing for six weeks and dependent on a

scooter to navigate campus. As a pitcher, she faced the difficult challenge of relearning her mechanics from the ground up—particularly how to properly drag her leg again after healing.

The physical therapy she underwent during that recovery process not only restored her ability to compete but also profoundly changed the direction of her life. What originally began as an interest in sports management evolved into a passion for helping others recover from injury and reclaim the activities that bring meaning and joy to their lives.

Following her collegiate athletic career, Dr. Kneblik earned her Bachelor of Science Degree in Kinesiology and Exercise Science from East Central University before spending nearly two years working as a physical therapy aide at Bentz Physical Therapy. That experience further strengthened her commitment to rehabilitation medicine and motivated her to pursue advanced clinical training.

She later earned her Doctor of Physical Therapy Degree from the University of St. Mary, graduating in December 2024. Today, Dr. Kneblik practices as a Licensed Physical Therapist at Bentz Physical Therapy, where she treats approximately 16-18 patients daily. Her patient population primarily includes older adults recovering from total knee, rotator cuff surgeries, and hip replacement surgeries, while also caring for younger athletes rehabilitating sports-related injuries.

“What I really enjoy is getting to work with my patients and seeing them progress through their recovery,” Dr. Kneblik shared. “I want my patients to know that I deeply care about their recovery and that is why I take the time to get to know them and establish trust, because that will allow them to fully commit to the plan of care I created to achieve their goals.”

Her own experience recovering from a serious injury has become one of her greatest strengths as a provider. When patients question whether they will ever fully recover, Dr. Kneblik is able to speak from personal experience, offering reassurance grounded in genuine understanding.

“I love being able to relate to my patients because of my own experience with physical therapy after fracturing my leg,” she explained. “When patients ask if they’ll ever get better, especially when things are really rough in the beginning, I can tell them yes—it will get better. It just takes time and hard work.”

In addition to her clinical work, Dr. Kneblik is deeply committed to mentorship and inspiring future healthcare professionals. Grateful for the guidance she received early in her career, she now welcomes high school students into the clinic twice weekly for observational learning opportunities and currently mentors one student in a “mini-internship” shadowing role.

Inspired by a meaningful pediatric rotation completed during her doctoral training within a school district setting, Dr. Kneblik is also exploring future pediatric certification to expand her ability to serve younger patient populations.

Through clinical skill, heartfelt compassion, and a strong commitment to mentorship, Dr. Caitlin Kneblik continues to transform her own recovery story into a source of hope, healing, and encouragement for patients throughout Texas.

Learn more about Dr. Caitlin Kneblik:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/Caitlin-Kneblik>

America's Best in Medicine

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Source : Dr. Caitlin Kneblik

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