Tony Andres, DPT

Tony Andres is a graduate of Franklin Pierce University - Goodyear where he received his Doctorate of Physical Therapy (DPT).

As a Doctor of Physical Therapy, Tony has received specific training in differential diagnosis, radiology and imaging, manual therapy, anatomy, physiology, prevention and wellness, health promotion, histology, and pathology. He additionally holds a Bachelor of Science degree in Exercise Science from Minnesota State University - Moorhead.

Tony's clinical interests within the field of physical therapy include sport and fitness related injuries, post-operative rehabilitation, preventive fitness and conditioning, hypermobility/stability disorders, and ankle, hip and knee injuries.

Tony favors an individualized approach to treatment, focusing on proper patient education and ensuring understanding of anatomy, physiology, and knowledge specific to the injury or deficit. By helping individuals understand the background knowledge and how it applies to their current situation, he believes that creates the foundation to apply attainable, specific goals in order to promote an effective return to sport and daily activities.

He prefers to use a gradual approach back to activity, solidifying basic concepts and movements before reintegrating these movements back into an individual's specific task demands. Tony uses a variety of passive and active manual techniques as well in order to further maximize the effectiveness and safety of the rehabilitation process.

In his free time, Tony enjoys playing guitar, playing sports, working out, and traveling the United States!

EDUCATION

B.S. in Exercise Science from Minnesota State University, Moorhead
D.P.T (Doctor of Physical Therapy) from Franklin Pierce University, Goodyear

POST GRADUATE EDUCATION

SPORTS MEDICINE - ONLINE

Secrets to Engineering Athletic Performance: From Youth to Professionals	Phil Plisky, PT, DSc, OCS, ATC, CSCS	2022
Sports Performance and Injury Prevention	Phil Plisky, PT, DSc, OCS, ATC, CSCS	2022
Discharge and Return to Sport Part 2: Lower Body	Phil Plisky, PT, DSc, OCS, ATC, CSCS	2022
Advanced Ankle and Foot Rehabilitation	Jeffrey Fernandez, PT, DPT, OCS	2022

ONLINE COURSES

Manual Edema Mobilization for the Upper Extremity	Vivian Dim, OT, BHSc, MClSc (WH), CHT, LLCC, IIWCC	2022
Nutrition Support for Injury and Rehabilitation	Jennifer Ketterly, MS, RDN, CSSD, LD	2022
Hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders	Heather Purdin, MSPT, CMPT	2022
The Movement System: Scapular Syndromes of the Shoulder	Jared Vagy, PT, DPT, OCS, CSCS	2022
Emergency Management of Skeletal Injuries	Katie Whetstone, PT, DPT, SCS	2022
Evidence-Based Examination of the Hip: An Update	Alexis Wright, PT, PhD, DPT, OCS, FAAOMPT	2022
The Movement System: Advanced Running Assessment and Treatment	Jared Vagy, PT, DPT, OCS, CSCS (2022)	2022
Combined Sections Conference (APTA)	APTA	2/2022

GRADUATE RESEARCH

- Meghan Rohde, Tony Andres,Brian Malone, Dustin Wells, Katrina Cecil. Effect of a combination of blood flow restriction and resistance training on strength, endurance, and recovery times in patients postoperative ACL: A Systematic Review, Franklin Pierce University