

Matthew Smith, DPT

Matt is a graduate of The University of Florida which is in Gainesville, FL where he received his Doctor of Physical Therapy (DPT).

Matt's passion is to help everyone he encounters reach their full potential by helping a client achieve hard-to-reach goals following surgery, decreasing a client's fall risk through balance training, or assisting an athlete with return to sport. He brings unbridled energy and creativity to every program and treatment he performs while also enjoys meeting new individuals from all walks of life.

As a Doctor of Physical Therapy, Matt's areas of training and interest within the physical therapy field include sports performance, orthopedic and post-operative rehabilitation, corrective exercise, manual therapy, balance training, running, weekend warriors, Pilates, and integrating wellness and rehabilitation platforms for all types of individuals.

Matt has made movement a focal point, not just for his career but also for his lifestyle. He connects well with clients and bridges the gap between wellness and rehabilitation extremely well in addition to being a very competent and caring therapist. He has excellent skills and wants everyone he encounters to move better.

Having played soccer and basketball competitively, Matt enjoys all types of activity and grew up a big "sports guy" being from the Southeast. He stays active by spending time outdoors with activities such as hiking, camping, mountain biking, exercising, pick-up games, and skiing. Additionally, he loves a variety of music and has seen over 70+ concerts and counting!

EDUCATION

Doctor of Physical Therapy (DPT) - The University of Florida - Gainesville, FL
Bachelor of Science: Exercise Science (BS) - Auburn University - Auburn, AL

POST GRADUATE EDUCATION

Recovery, Mobility, & Training

<i>Personal Training & Motion Specialist Certification Course</i>	Jesse Douglas, CPT, BS	06/2022
<i>Active Recovery, Mobility, & FMA Certification Course</i>	Jesse Douglas, CPT, BS	09/2020
<i>Golf Evaluation Certification Course</i>	Riley Manasco, PT, DPT, TPI Level 1 Certified	11/2022

Running

<i>Run Evaluation Certification Course</i>	Lauren Hendrix, PT, DPT, SCS, FAAOMPT, CSCS, RRS	02/2022
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Pilates

<i>Balanced Body: Reformer Level 1 Certification</i>	Corey Garner, BS, PMA Certified Instructor	04/2021
<i>Integrating Pilates Into Physical Therapy Practice</i>	Ivy Spencer, PT	03/2020
<i>Core Align Inservice Course</i>	Jesse Douglas, CPT, BS	10/2022

Neurological Rehabilitation

<i>Balance & Parkinson's Inservice Course</i>	Caroline Pitts, PT, DPT	05/2023
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Post-Operative Care

<i>Operational Excellence For Post-Operative Care</i>	Carrie Heidrich PT, DPT	02/2023
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Women's Health

<i>Women's Health Inservice Course</i>	Kelsey Harms, PT, DPT, OCS, H & W Pelvic Floor Level 2 Certified	04/2023
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Graduate Research

Smith, M, Alappattu, M, Scott, J. *New Return to Sport “GAP” Strength and Conditioning Program for Athletes Post-ACL R after Initial Physical Therapy: A Descriptive Case Study*. **Department of Physical Therapy, College of Public Health and Health Professions**. The University of Florida, 2019.

PROFESSIONAL AFFILIATIONS

American Physical Therapy Association (APTA)
Alabama Physical Therapy Association

www.apta.org
www.ptalabama.org

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