

## **Dylan Dagenback, DPT**

Dylan Dagenback is a graduate of the University of Cincinnati where he received his Doctorate of Physical Therapy (DPT).

As a Doctor of Physical Therapy, Dylan has received specific training in differential diagnosis, pharmacology, radiology and imaging, manual therapy, prevention and wellness, health promotion, and pathology. He is passionate about access to health care and was a part of the executive board that opened a Probono Clinic at the University of Cincinnati. He additionally holds a Bachelor of Science degree in Exercise Sciences from the University of Cincinnati.

Dylan's clinical interests within the field of physical therapy include sport and fitness related injuries, post-operative rehabilitation, spine disorders, balance disorders, vertigo, neurological disorders, and shoulder, hip and knee injuries. He is very passionate about access to physical therapy and exercise for the adaptive athlete population and has gained critical experience through his work with Iron Core Strength and Conditioning in Cincinnati.

Dylan emphasizes active listening concepts, always orients his interventions toward the patient's goals whether they want to return to running or want to walk their daughter down the aisle without pain, or want to facilitate and improve activities of daily living with chronic conditions. He will meet the patient where they are and always advocate for their best interests. He is also a strong advocate that exercise is the best medicine and will facilitate this to the appropriate and optimal level for every patient. His role as a physical therapist is to provide the patient with the proper education and exercise tool kit for them to be able to take control of their own outcomes. His treatments will encourage and empower the patient to best achieve their goals.

Furthermore, he backs his therapeutic style that will be rooted in patient education and gradual exposure to activity in conjunction with manual therapy techniques. He has experience with many passive therapy techniques from joint mobilizations to muscle releases. Finally, through his clinical expertise and systemic evaluation he has multiple interdisciplinary tools such as breathing techniques and mindfulness for chronic pain cases.

In his free time, Dylan enjoys training and competing in half marathons in which he hopes to reach his fitness goal of potentially running a half marathon every year -possibly a full marathon one day. He also enjoys hiking and exploring the Great Outdoors!

## **EDUCATION**

B.S. in Exercise Science from the University of Cincinnati

D.P.T (Doctor of Physical Therapy), University of Cincinnati

## **PROFESSIONAL AFFILIATIONS**

- American Physical Therapy Association <http://www.apta.org/>
- Ohio Physical Therapy Association <https://www.ohiopt.org/>