

## Ashley Schebler, DPT , ATC

Ashley Schebler is a graduate of Indiana University in Indianapolis, IN where she received her Doctorate of Physical Therapy (DPT).

As a Doctor of Physical Therapy, Ashley has received specific training in assessment and treatment of orthopedic injuries. Ashley's education included training in anatomy and pathophysiology of the human body, musculoskeletal disorders, neurological rehabilitation, cardiopulmonary rehabilitation, vestibular rehabilitation, pediatrics, and wound and burn care. She was educated in assessment and treatment of various pathologies and clinical decision-making framework to determine when to refer to an appropriate health care provider. In addition, she holds her Bachelor's Degree in Athletic Training and is a Board Certified Athletic Trainer (ATC).

Ashley loves to treat both active and older individuals and help restore their function and return to desired activities. This diverse experience has given Ashley the opportunity to treat patients at various phases of rehabilitation. Ashley has a passion to educate and inspire people that movement is medicine in order to achieve the longevity of their function.

Ashley prioritizes a patient goal-oriented treatment approach and takes pride in providing individualized treatment plans tailored to patient specific desired activities and movements. Ashley utilizes manual therapy to improve range of motion and reduce pain. She also utilizes therapeutic exercise and neuromuscular education to improve motor control and exercise tolerance/capacity. Ashley provides a holistic approach to rehabilitation with a focus on improving overall health and wellness.

In her free time, Ashley loves to hike, play pickleball, workout at the gym, ski, and travel. She shares her free time with her husband, two dogs, and their friends.

## RECENT PROFESSIONAL ACTIVITIES

- PT/ATC Volunteer 2022 Indianapolis Monumental Marathon
- Participant Indiana University Go Baby Go Program working with engineers to build and modify plastic battery powered cars to make children with physical disabilities more mobile.
- Participant Indiana University Student Outreach Clinic providing combined PT/OT services to the underserved and underrepresented patient population who did not have access to traditional healthcare

## EDUCATION

Doctor of Physical Therapy (DPT), Indiana University  
Bachelor of Arts (B.A) in Athletic Training, Anderson University

## POST GRADUATE EDUCATION

### Dry Needling

*Integrative Dry Needling*

Frank Gargano DPT  
President of Integrative Dry Needling Institute

11/11/22-11/13/22

### Online Education

*Benign Paroxysmal Positional Vertigo (BPPV):  
Anytime online foundations course*

Brian Werner, MPT

05/14/2023