

Daniel Meissner, DPT

Daniel Meissner is a graduate of D'Youville University in Buffalo, NY where he received his Bachelor of Science in Exercise and Sports Studies and Doctorate of Physical Therapy (DPT). As a Doctor of Physical Therapy training in differential diagnosis, manual therapy, sports medicine, vestibular rehabilitation/concussion rehabilitation, fall prevention, TMD, musician injury, and post-surgical and conservative rehabilitation of orthopedic injury, hospital-based rehabilitation.

Daniel's treatment style incorporates lessons from years of meditation training including active listening, acceptance, adaptation and the power of a deep, focused breath. Daniel prefers to view each patient in terms of their unique relationship not only with their injury, but with their body as a whole and interconnected unit for expressing and experiencing their lives. He is a strong advocate for the idea that no matter our background of knowledge, the best doctor for us is ourselves. He believes that with proper guidance and education we are in the perfect position to know and treat ourselves. It is for this reason that he significantly emphasizes patient education in his treatment sessions with the goal of self-efficacy.

With that in mind, he prefers an emphasis on patient participation and "listening" to the body utilizing methods such as graded exposure to forces through manual techniques and therapeutic exercise believing that we overemphasize maximizing force output as opposed to maximizing awareness of force input. He believes this is especially important for maintaining posture and balance. Additional areas of focus include mindfulness and diaphragmatic breathing training for the management of chronic pain.

In his free time, Daniel enjoys getting outdoors in any way possible including, but not limited to, meditating, rock climbing, hiking, running and swimming. He is additionally a lover of music and the arts.

RECENT PROFESSIONAL ACTIVITIES

Health and Wellness Promotion and Education: Mindfulness and Meditation; Health and Wellness Fair, Pittsburgh, PA (2023)

EDUCATION

B.S. in Exercise and Sports Studies from D'Youville University, Buffalo, NY
D.P.T (Doctor of Physical Therapy), D'Youville University, Buffalo, NY

POST GRADUATE EDUCATION

AMERICAN PHYSICAL THERAPY ASSOCIATION (APTA)

Combined Sections Meeting

Various Presenters

2/2020

GRADUATE RESEARCH

Critically Appraised Topic Systematic Review: Meissner, D, Nguyen, J. *Conventional Physical Therapy Interventions Versus Dry Needling for the Treatment of Cervicogenic Headaches in Otherwise Healthy Adults*
PT 628: Research Seminar for Physical Therapy, D'Youville University 2022

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association, APTA

<http://www.apta.org/>