

Elise Bond, DPT

Elise is a graduate of Texas Tech University Health Sciences Center where she received her Doctorate of Physical Therapy (DPT). Prior to this, she received her Bachelor's degree in both Biochemistry and Spanish.

As a Doctor of Physical Therapy, Elise has received specific training in differential diagnosis, primary care screening, pharmacology, radiology and imaging, manual therapy, therapeutic interventions, prevention and wellness, health promotion, and pathology.

Specializing in orthopedics, geriatric, neurologic and sports related conditions, Elise combines evidence-based techniques with personalized care to empower clients. She is committed to helping patients of all ages overcome injuries, manage chronic conditions, and enhance their physical well-being. Passionate about movement and health, she creates tailored treatment plans to support recovery and ensure optimal outcomes. Whether guiding athletes back to peak performance or supporting seniors in maintaining independence, Elise is driven by a passion for improving quality of life. She is currently a Certified Running Rehabilitation Specialist and is currently pursuing certification in Dry Needling. She also has in pursuing expertise in Vestibular rehabilitation.

She had a unique opportunity to spend a month in Ecuador volunteering at an outpatient physical therapy clinic, where she was able to improve her language skills while also helping patients regain their strength and confidence to help them achieve their rehab goals.

In her free time, Elise enjoys spending time outdoors running, hiking, playing tennis, and spending time with her dog, Winnie. She also loves to travel and explore new places and cultures.

EDUCATION

Doctor of Physical Therapy (DPT), Texas Tech University Health Sciences Center
Bachelor of Science (B.S.) in Biochemistry, Texas Tech University Health Sciences Center
Bachelor of Arts (B.A.) in Spanish, Texas Tech University Health Sciences Center

POST GRADUATE EDUCATION

INSTITUTE FOR AGING ATHLETE

Running Rehabilitation Specialist Certification

6/2023

ONLINE COURSE WORK

Enhance Your Running Game by Strengthening Your Hips	<i>Physicaltherapy.com</i>	4/2025
Proper Management of Ankle Sprains in Competitive Athletes	<i>Physicaltherapy.com</i>	3/2025
Managing Foot and Ankle Pathology in the Distance Runner	<i>Physicaltherapy.com</i>	3/2025
Treatment of the Complicated Foot	<i>Physicaltherapy.com</i>	3/2025
Strategies for Correcting Postural Dysfunction: Tech Neck	<i>Physicaltherapy.com</i>	3/2025
Rotator Cuff Lesions: Conservative and Post-Op Management	<i>Physicaltherapy.com</i>	3/2025

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association (APTA)

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