

# Ken Biala, PT, DPT, ATC, CSCS

Physical Therapist



1550 N. Northwest Hwy, Suite 120  
Park Ridge, IL 60068

**T** (847) 298-3079

**F** (847) 298-4019

[kbiala@ibji.com](mailto:kbiala@ibji.com)

## Profile

Kenneth has worked as a sports-medicine physical therapist in the Chicagoland area for over 20 years. Kenneth's passion for physical therapy began while working with children with muscular dystrophy when he was a teenager. He developed an early passion for helping children and learning about movement problems, and muscle injury-regeneration patterns. He completed the University of Illinois in Champaign-Urbana Athletic Training Program in 1999 and worked with football, tennis, swimming, and wheelchair sports while gaining his Bachelor's degree. He went on to complete his Masters of Science degree in Physical Therapy at Washington University in St. Louis in 2001. He furthered his understanding of gait and balance while studying in a research lab at the University of Illinois at Chicago from 2007-2010 becoming an expert in center of mass control. He returned to Washington University to complete his post-professional doctorate degree in physical therapy in 2014. He currently specializes in post-surgical rehabilitation and he has worked extensively with running and walking injuries. Besides spending every moment he can with his 3 young children and wife, he loves watching sports when his teams are good, and simply helping people when he can.

## Education

- Athletic Training, University of Illinois in Champaign-Urbana
- Masters of Science in Physical Therapy; Washington University, St. Louis