

Brenden Frank, PT, DPT

Physical Therapist



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Profile

Brenden first gained exposure to the field of physical therapy through shadowing at the IBJI Gurnee location. He quickly became inspired to pursue the profession and help patients achieve optimal recovery post surgery or injury. Brenden graduated from Rosalind Franklin University with a Doctorate in Physical Therapy and joined the IBJI Gurnee team in 2017. He enjoys working together with therapists and physicians to help patients move better and live better.

Brenden places strong emphasis on correct body mechanics and movement patterns to target specific strength and mobility deficits and utilizes specific manual therapy techniques to expedite recovery. Some of his areas of special interest include Industrial Rehab and facilitating Return to Work, Return to Sport, and facilitating Post-Surgical recovery, and he enjoys working with all age groups with a variety of conditions and diagnoses. Brenden is deeply committed to life-long learning and invests in himself as a clinician by seeking out new techniques and relevant continuing education opportunities.

Brenden grew up in the Gurnee area. Outside of IBJI, he enjoys spending time with his wife, daughter, family and friends. Hobbies and interests include song-writing, playing music with his band or at church, the occasional round of golf, home improvement projects, watching baseball and football, and keeping his dog and 2 cats entertained.

Education

- BS, Exercise Science - Indiana Wesleyan University
- Doctorate in Physical Therapy - Rosalind Franklin University of Medicine and Science