

Matt Stephens, PT, DPT

Physical Therapist



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Profile

Matt graduated from Saint Louis University in 2022 with an undergraduate degree in Exercise Science and a doctoral degree in Physical Therapy. He joined IBJI in early July 2022. Matt is currently focused on general orthopedics, although he is pursuing a path into the world of sports medicine. Matt is a Certified Strength and Conditioning Specialist and enjoys utilizing that knowledge in basic and advanced patient treatment. Matt has found a passion for improving patient fitness to better assimilate back into their sports role and/or every day activities.

Matt enjoys building relationships with his patients to better provide a more wholesome care experience. He wants patients to understand their goals and the purpose behind the therapeutic activities they are a part of, so that they can build confidence and independence to continue improving their wellbeing on their own.

Matt grew up in Gurnee, IL playing multiple sports including basketball, soccer and volleyball. Outside of the clinic, Matt enjoys spending time with his siblings in Chicago, casually golfing with his friends and watching the Cubs. And if he's not at the clinic or home, you'll most likely find him at the gym.

Education

- Bachelor of Science, Saint Louis University, Exercise Science
- Doctor of Physical Therapy, Saint Louis University

Certification

- Certified Strength and Conditioning Specialist