

# Dain Hampton, PT, DPT, OCS, COMT, CMTPT



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## Profile

Dain Hampton, PT, DPT, OCS, COMT, CMTPT has been practicing orthopedic physical therapy since 2003 and has worked at Illinois Bone and Joint Institute since 2012. He currently treats patients out of the Lake Barrington facility with oversight of multiple rehabilitation facilities in IBJI. Dain enjoys treating any orthopedic or sports related condition but has a special concentration in spine conditions as well as shoulder and hip problems. His area of concentration utilizes manual therapy treatment and dry needling. Dain uses differential diagnosis, joint, soft tissue and neural mobilization as well as dry needling followed by specific, individual exercise progression. Dry needling is used to decrease referred pain and improve overall muscular function. Dain continually reassesses treatment to help the patient return to their highest level of function. Dain's manual therapy background is through the Ola Grimsby Institute (OGI) and Maitland-Australian approaches. He is currently the head of the manual therapy special interest group through IBJI and has taught continuing education classes about manual therapy, spinal dysfunction and differential assessment.

Dain played many sports growing up, including soccer, swimming and baseball, as well as playing rugby in college. The injuries sustained playing sports increased his understanding of the rehabilitation experience and has helped form his treatment approach.

## Education

- Saint Louis University, Bachelor of Science in Exercise Science, 2001
- Saint Louis University, Master of Physical Therapy, 2003
- Arcadia University, Doctor of Physical Therapy, 2013

## Licenses & Certifications

- Certified Orthopedic Manual Therapist (COMT), 2009, Maitland-Australian Physiotherapy
- APTA Board Certified Orthopedic Clinical Specialist (OCS), 2011
- Certified Orthopedic Manual Therapist (COMT), 2016, Ola Grimsby Institute
- Certified Manual Trigger Point Therapy