

# Amy Binda, PTA

Physical Therapy Assistant



Amy has 23 years working as a PTA in outpatient orthopedics. 20 years with Exeter Hospital. Amy is currently seeing patients at our Epping satellite location where she also runs an adult exercise class. Amy treats a variety of diagnoses including total joints, post-operative patients, sports related injuries, and work related and overuse injuries. Amy has a special interest in running related injuries as well as overuse injuries. Amy utilizes manual techniques such as, the Graston Technique, The Mulligan Concept, Dry Cupping and Orthopedic Manual Therapy. She also utilizes KT tape modalities, therapeutic exercise, lumbar and cervical stabilization exercise and Medical Exercise Technique. In her spare time, Amy enjoys hiking, camping, snowshoe running, and cross country skiing. Amy has been an avid runner for the past 34 years and continues to enter local races. Amy also volunteers at the New Hampshire Special Olympics

Education            1997 Graduate of Bay State College, AS, Physical Therapy Assistant

Location            Epping Regional Health Center  
212 Calef Highway  
Epping, NH 03042  
Phone: 603.777.1886  
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Specialties           Running relate injuries  
Graston Technique  
Mulligan Technique  
Dry Cupping  
KT taping

