

Donna Hirtle PT

Physical Therapist



I feel very fortunate that I have found my passion in life. I enjoy my work because it is a way of life for me. I try to practice what I preach and exercise and fitness has always been an important part of my life. My goal is to teach my patients a home exercise program that they will continue after therapy, because it makes them feel better physically and emotionally. I have been practicing Physical Therapy for many years and treat a wide variety of outpatient orthopedics.

Education Simmons College BS; Certificate in PT
Harvard Primary Med conference on diagnosis and treatment of acute knee, shoulder, ankle and hip dysfunction
Myofascial Release
Core stability training and low back dysfunction
Aquatic Therapy Certification
Institute of Manual Therapy Lumbar and Cervical
Movement Disorders related to Neurological Disorders

Specialties Evaluation and treatment of outpatient orthopedic joint disorders and post op including shoulder, neck, back, hip, and knee.
Knee and hip joint replacements
Pulmonary and Cardiac Rehab Conditioning Programs
Dry Needling