

Sarah Houle, PT

Physical Therapist



Sarah has worked as an outpatient physical therapist in the orthopedic setting since 1999, and specializes in manual therapy with extensive training in impairments of the shoulder including shoulder adhesive capsulitis, and rotator cuff & labral repair post-operatively. Her additional advanced training includes myofascial release, dry needling, cervical and lumbar sprain/disc pathology as well as hip, knee and ankle trauma, post-surgical and growth related issues. She is a retired Air Force Lieutenant Colonel who has worked throughout the United States and abroad. Outside of work Sarah enjoys training and competing as an amateur Ballroom Dancer along with many outdoor activities including hiking and gardening.

Education	Master of Science in Military Science 2009 Air University, Maxwell AFB, AL Bachelor of Science Physical Therapy 1998 California State University, Long Beach Bachelor of Science Electrical Engineering 1992 Tufts University, Medford, MA
Specialties	Myofascial Release, Dry Needling, TMJ, Oncology Rehabilitation