

Dawn Szelog, DPT,ATC, OCS

Physical Therapist



“I love being a physical therapist because I enjoy getting to know my patients and helping them to achieve their individual goals, whether it is running a marathon after an injury or just being able to take their dog out walking. It is extremely rewarding to be able to get patients back to their quality of life and activities that they enjoy.” “ I use research and the best evidence to help guide my physical therapy practice and am happy to be able to provide patients with the individualized attention that they deserve. I have spent most of my life involved in athletics and have played collegiate lacrosse at the Division I level. I enjoy spending time with my family and enjoy getting outdoors and promoting health and wellness.

Education: University of New Hampshire, BS Kinesiology/Athletic Training, 2001
Franklin Pierce University, DPT, Physical Therapy, 2008

Specialties: Orthopedic Clinical Specialist 2018
Integrative Dry Needling Certified 2017
Return to sport rehabilitation
Graston Technique
Maitland Australian Physiotherapy
Evidence Based Treatment of Shoulder
Functional Movement Screenings
Evaluation of Shoulder, Hip, Knee, Ankle, Spine
Taping Techniques
Balance Training
Plyometric Training
Running and Gait mechanics