

# Sports Physical Therapist — Full-Time

## Perform Strong Physical Therapy | Abbottstown, PA

Perform Strong Physical Therapy is seeking a **full-time Sports Physical Therapist** to join our team in Abbottstown, Pennsylvania.

This is an exciting opportunity for a clinician who wants to work in a **sports-focused environment with an extremely high volume of throwing and field athletes**. The ideal candidate has a strong interest in sports rehabilitation, understands the demands of competitive athletics, and is passionate about helping athletes return to sport stronger, healthier, and more resilient.

*Two years of experience working with the athletic population is desired.*

## About Perform Strong Physical Therapy

Perform Strong Physical Therapy is a sports-focused practice dedicated to maximizing athlete outcomes through an integrated model of **Sports Physical Therapy and performance-based rehabilitation**.

Our clinic is led by Doctors of Physical Therapy with competitive athletic backgrounds and experience in Strength & Conditioning. This combination allows our team to understand the demands of sport and design treatment plans that support a safe and effective return to play.

We emphasize **individualized care, evidence-based practice, and close collaboration with athletes** to optimize performance and long-term health.

## The Role

The Sports Physical Therapist will evaluate and treat athletes with sports-related injuries, orthopedic conditions, and performance limitations using evidence-based interventions and a performance-driven rehabilitation model.

The therapist will have the opportunity to work with a **highly athletic caseload, including an extremely high volume of throwing and field athletes**, while developing comprehensive rehabilitation and performance programs tailored to the individual demands of each athlete.

## Responsibilities

- Perform comprehensive physical therapy evaluations and develop individualized plans of care.
- Evaluate and treat sports-related injuries, orthopedic conditions, and performance limitations.
- Develop, implement, and progress individualized rehabilitation and Strength & Conditioning programs.
- Provide hands-on manual therapy and other evidence-based interventions when appropriate.
- Work with throwing and field athletes to address injury recovery, movement deficits, workload considerations, and return-to-sport needs.
- Monitor and assess return-to-sport readiness using clinical assessments, performance testing, and sport-specific criteria.

- Educate athletes on injury prevention, rehabilitation, self-management, and long-term health.
- Collaborate with other clinicians, coaches, athletic staff, and other members of the athlete's support team.
- Participate in performance testing, movement screening, and injury-risk assessments.
- Maintain accurate and timely clinical documentation.
- Help maintain a safe, professional, athlete-centered clinical environment.
- Contribute to the continued development and improvement of clinical protocols, rehabilitation systems, and patient outcomes.
- Stay current with evidence-based practices and continue developing clinical and performance expertise.

## Qualifications

- **Doctor of Physical Therapy (DPT)** degree from an accredited program.
- Active or eligible **Physical Therapist license in Pennsylvania**.
- Demonstrated expertise in Physical Therapy and patient care, with the ability to effectively evaluate, treat, and manage sports-related conditions.
- Strong knowledge and interest in **sports rehabilitation, orthopedics, injury prevention, and Strength & Conditioning**.
- Ability to design safe, progressive rehabilitation and return-to-sport programs.
- Knowledge of orthopedic and sports medicine principles, including management of acute and chronic musculoskeletal injuries.
- **Two or more years of experience working with the athletic population is desired.**
- Experience working with throwing athletes and field athletes is highly beneficial.
- Background in competitive athletics, coaching, or Strength & Conditioning is highly beneficial.
- Ability to communicate clearly and effectively with athletes, families, coaches, and athletic staff.
- Strong documentation, organizational, and time-management skills.
- Commitment to evidence-based practice, professional development, and continuous improvement.
- Ability to work effectively in a collaborative, team-oriented environment.

## Preferred Certifications

The following certifications are preferred but not required:

- Orthopedic Certified Specialist (OCS)
- Sports Certified Specialist (SCS)
- Certified Strength and Conditioning Specialist (CSCS)

## Why Join Perform Strong Physical Therapy?

At Perform Strong, you will have the opportunity to practice in an environment where **rehabilitation and performance are integrated rather than treated as separate processes**. You will work directly with athletes and help bridge the gap from injury to full participation and performance.

If you are a Sports Physical Therapist who enjoys working with motivated athletes, wants significant exposure to throwing and field sports, and is passionate about combining clinical care with performance-based rehabilitation, we would love to hear from you.

**Position:** Full-Time Sports Physical Therapist

**Location:** Abbottstown, PA

**Schedule:** Full-Time, On-Site

## Compensation & Benefits

Perform Strong Physical Therapy offers a **competitive salary commensurate with experience and qualifications**.

Additional benefits and professional development opportunities include:

- **Competitive salary** based on experience and qualifications.
- **Health insurance benefits** available for participation.
- **Retirement benefits** available for participation.
- An **annual continuing education budget** to support ongoing clinical and professional development.
- Opportunities for **career advancement and leadership development** as the practice continues to grow.
- Potential opportunity to grow into a **Clinical Director role** as new clinic locations are developed.

Perform Strong is committed to investing in its clinicians and creating opportunities for long-term professional growth. As the practice expands, high-performing therapists will have the opportunity to take on increased clinical and leadership responsibilities, including potential advancement into a **Clinical Director position at future locations**.

## Screening Questions

**1. Do you have the following license or certification: Licensed Physical Therapist?**

*Ideal answer: Yes — Essential*

**2. Do you have the following license or certification: Orthopedic Certified Specialist (OCS)?**

*Ideal answer: Yes*

**3. Do you have the following license or certification: Sports Certified Specialist (SCS)?**

*Ideal answer: Yes*

**4. Do you have your CSCS?**

*Ideal answer: Yes*

**5. How many years of experience do you have working with the athletic population?**

*Ideal answer: 2 or more years*

**\*Qualified applicants are encouraged to email Alex to set up an interview**