



Matt Heindel

PT, DPT | Sammamish

"I am determined to address each individual's needs to successfully decrease their pain, improve their function and meet their goals safely and efficiently."

Matt Heindel knows the importance of providing detailed and tailored care for each of his patients, so he meticulously selects evidence-based interventions to return his patients to their chosen activities. He specializes in treating orthopedic conditions, as he completed an orthopedic residency treating both high-level athletes and hospital employees with various ailments. He is determined to identify and address modifiable factors related to a given condition in order to expedite recovery time.

Education and Professional Memberships

- Orthopedic Residency Graduate, Nationwide Children's Hospital
- Doctor of Physical Therapy, University of New England
- Bachelors of Science in Applied Human Biology, Seattle Pacific University
- APTA Member: Orthopedic, Sports, and Research Sections

SPECIALIZED TRAINING

- Sports performance
- Pre- and post-surgical care
- Desensitization/sensory reduction
- Balance and falls prevention