



Sean Trait

DPT, PT | IRG Physical & Hand Therapy - Gateway

"I enjoy interacting with patients and collaborating with them to find the best way to get them back to what they love."

Strength is the name of the game for Sean. As a former football player and competitive powerlifter, Sean enjoys bringing his passion for strength training and functional fitness to his patient's exercise program.

Education and Professional Memberships

- Doctorate of Physical Therapy, Utica College
- Bachelor of Science, Exercise Physiology, SUNY Brockport

SPECIALIZED TRAINING

- Sports Performance
- Gait Analysis
- Ergonomic Training and Assessment
- Balance and Falls Prevention