



Blair Bones, MPT

Bio

Blair has 25 + years of experience in Orthopedic Physical Therapy. She has been with OrthoCarolina since 2006. Her medical family and participation in high school and college sports led to her interest in the field. She utilizes a variety of manual techniques (Paris, Mulligan, Maitland, Instrument-Assisted Soft Tissue Mobilization), particularly with the spine, as well as specialized modalities such as Blood Flow Restriction to assist with prescribed exercise which allows her patients to return safely to their prior activities. She enjoys spending time with her two active dogs, cooking and reading.

LOCATIONS

- Ballantyne Physical & Hand Therapy

CLINICAL SPECIALTIES

Education

- **University of St. Augustine for Health Sciences - *Master of Physical Therapy, 1999***

Practice

- Has been practicing for 19 years with more that 13 of those years at OrthoCarolina, working at our Sports and Spine Centers before coming to the Ballantyne location
- Is experienced with Spine patients as well as post operative and non-operative shoulder and knee patients
- Has comprehensive training in manual therapy techniques, including training in Paris, Mulligan and Maitland methods, to utilize in conjunction with prescribed progressive exercise program
- Also utilizes instrument-assisted soft tissue mobilization techniques and kinesiotaping techniques