



Zen Abanilla, PT

Bio

Zen has been with OrthoCarolina since 2015. Zen demonstrates expertise in orthopedics, especially spine. She is also part of the pre-operative education program for total joints. Zen was an Assistant Professor for the physical therapy program at the University of the Philippines prior to moving to the United States. Zen enjoys spending her free time kick boxing or doing yoga.

LOCATIONS

- University Physical & Hand Therapy
- **University of the Philippines** - *Bachelor of Science in Physical Therapy*

Education

CLINICAL SPECIALTIES