



Liz Zambito,PTA,USAW,CF-L1

Bio

Prior to beginning her career with OrthoCarolina Liz worked as a certified Flexologist at StretchLab, was the head coach of Vero Strength and Conditioning in her hometown of Vero Beach, Florida, and studied Exercise and Health Science at Bryan College in Dayton, TN where she played collegiate soccer. Liz still enjoys being active and spends most of her free time in the gym or on a trail hiking with her husband, children, and dogs.

LOCATIONS

- Belmont Physical Therapy

CLINICAL SPECIALTIES

Education

- Bryan College - *Bachelor's in Exercise and Health Science*
- Florida State College of Jacksonville - *Associates of Applied Science Degree in Physical Therapist Assistant*