



## Christen Isley, MPT, ATC, LAT

### Bio

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Christen has been a Physical Therapist for OrthoCarolina since 2011. She began her practice at the Winston-Salem location and transitioned to the smaller satellite clinic in Kernersville.

In her free time, she enjoys spending time with her husband and 4 young kids. They're very active in their church community and enjoy volunteering with the high school and middle school students. A cool fact about Christen is that she and her husband are very crafty and love DIY projects. They are the North Carolina version of Chip and JoAnna Gaines!

**P: 336-765-7058**

### LOCATIONS

- Kernersville Physical Therapy

### CLINICAL SPECIALTIES

### Education

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- **Winston-Salem State University** – *Masters of Physical Therapy*
- **Appalachian State University** – *Bachelor of Science in Athletic Training*

### Practice

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- Certified and Licensed Athletic Trainer
- Sports and orthopedic injuries with special interest in the shoulder, knee and ankle
- Pre and Post-operative rehabilitation
- Selective Functional Movement Assessment
- Kinesio Taping
- Graston Technique
- Manual Therapy