



Christen Isley, MPT, ATC, LAT

Bio

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

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

Practice

- 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