

Christina Noonan

PT, DPT, CSCS



EDUCATION:

Doctor of Physical Therapy – Nova Southeastern University

Bachelor of Science – Elon University

PROFESSIONAL ORGANIZATIONS:

American Physical Therapy Association (Member since 2009)

PROFESSIONAL CERTIFICATIONS:

Certified Strength and Conditioning Specialist (CSCS)

Pregnancy and Postpartum Corrective Exercise Specialist (PCES)

Pelvic Rehabilitation Trained - Herman & Wallace Pelvic Rehabilitation Institute

MEET CHRISTINA:

Christina received her bachelor's degree in Exercise Sport Science from Elon University in 2009. Soon after, she graduated with honors from Nova Southeastern University with a Doctor of Physical Therapy. She has been a Certified Strength and Conditioning Specialist since 2012 and a member of the APTA since 2009.

Christina began her career focused on treating all types of orthopedic conditions including but not limited to: sports injuries, post-surgical rehabilitation, work injuries, and overuse injuries. After having her first son in 2017, she became more interested in women's health and the treatment of pelvic floor related issues. She continues to treat orthopedic conditions; however, since then has been Herman and Wallace trained for conditions such as chronic pelvic pain, diastasis recti, incontinence, prolapse, vulvodynia, and pregnancy and postpartum related issues. She enjoys helping moms of all ages return to their "normal" and feel in control of their body. Christina believes in utilizing evidence-based treatment with a combination of manual therapy and functional therapeutic exercises to help patients regain full functionality, meet personal goals, and prevent further injury. In her free time, she enjoys running, tennis, traveling, hiking, being outdoors and spending time with her husband and two young sons.



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