

Shannon McLean, PT

lilshanpt@hotmail.com

602-751-5328

Shannonmcleanpt.com

Shannon has been a licensed physical therapist working in orthopedic rehabilitation in the east valley since 2000. Shannon received her Bachelor of Science in Exercise and Sport Science from the University of Arizona and Masters of Science in Physical Therapy from the University of Miami. Specialty certification in Orthopedic Manual Therapy in 2005. She became certified in dry needling in 2013. Areas of interest and additional training include myofascial and trigger point release, kinesiotaping, spinal manipulation, joint mobilization, post-operative rehabilitation, adolescent injury prevention evaluation, sport specific rehabilitation. Shannon stays physically active with weight training and cycling. She lives in Gilbert with her husband, Andy and daughter Keira.

Professionally, Shannon's goal is to provide one on one outpatient orthopedic physical therapy with efficiency, effectiveness and the highest quality of care. Patient care is approached with a passion and a goal of helping patients achieve their individualized goals. This may include 3 visits per week or 1 to 2 visits per month with emphasis on home program depending on each patient's need. This model allows much more flexibility based on the actual needs of the patient, rather than billing a certain number of units. The intent is to provide the very best value for the patient with the necessary tools to manage or avoid future episodes of injury.