

Dr. Joshua Brooks, DPT

Physiotherapist | Sports Rehabilitation Specialist | Injury Prevention Expert

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PROFESSIONAL SUMMARY

Dedicated Doctor of Physical Therapy (DPT) with 10+ years of experience in sports rehabilitation, injury prevention, and functional movement therapy. Passionate about helping athletes and individuals regain mobility, strength, and confidence through evidence-based treatment plans. Skilled in manual therapy, biomechanical analysis, exercise prescription, and patient education. Proven ability to create customized rehabilitation programs that enhance recovery, prevent injuries, and optimize performance.

CORE COMPETENCIES

- ✓ Sports Injury Rehabilitation
- ✓ Manual Therapy & Soft Tissue Mobilization
- ✓ Functional Movement Screening (FMS)
- ✓ Biomechanics & Kinesiology Analysis
- ✓ Exercise Prescription & Corrective Training
- ✓ Post-Surgical Rehabilitation
- ✓ Strength & Conditioning Programs
- ✓ Patient Education & Wellness Coaching
- ✓ Injury Prevention Strategies
- ✓ Athletic Performance Enhancement
- ✓ Electrotherapy & Modalities
- ✓ Team Collaboration & Leadership

EDUCATION & CERTIFICATIONS

Doctor of Physical Therapy (DPT)

Emory University, Atlanta, GA | Graduated: 2014

Bachelor of Science in Kinesiology

University of Georgia, Athens, GA | Graduated: 2011

Certifications & Additional Training:

- Certified Strength & Conditioning Specialist (CSCS) – National Strength and Conditioning Association (NSCA)
- Functional Movement Screening (FMS) Level 1 & 2 – Functional Movement Systems
- Certified Dry Needling Practitioner – American Academy of Manipulative Therapy
- CPR & First Aid Certified – American Red Cross

PROFESSIONAL EXPERIENCE

Founder & Lead Physiotherapist

Move with Brooks | Atlanta, GA | 2018 – Present

- Established a thriving private practice focused on sports rehabilitation, post-injury recovery, and performance optimization.
- Designed and implemented individualized rehab programs for athletes, weekend warriors, and active individuals recovering from injuries or surgeries.
- Conducted biomechanical assessments to identify movement dysfunctions and develop corrective strategies.
- Educated patients on injury prevention techniques, mobility exercises, and long-term wellness strategies.
- Partnered with local sports teams and fitness centers to provide workshops on strength training, flexibility, and rehabilitation.

Senior Physiotherapist | Sports Rehab Specialist

Atlanta Sports Medicine & Performance Clinic | Atlanta, GA | 2014 – 2018

- Treated high-performance athletes and post-surgical patients, focusing on evidence-based rehabilitation protocols.
- Provided manual therapy, therapeutic exercises, and neuromuscular re-education to facilitate recovery.
- Developed return-to-sport programs tailored to each athlete's specific demands.

- Collaborated with orthopedic surgeons, personal trainers, and strength coaches to optimize patient outcomes.
- Implemented injury prevention screenings and corrective exercise programs for youth and professional athletes.

RESEARCH & PUBLICATIONS

- “The Impact of Functional Movement Screening on Injury Prevention in Athletes” – Journal of Sports Rehabilitation, 2020
- “Optimizing Post-Surgical Knee Recovery: A Functional Approach” – American Physical Therapy Association (APTA) Conference, 2019
- “The Role of Strength Training in Reducing ACL Injuries” – Atlanta Sports Medicine Symposium, 2017

SPEAKING ENGAGEMENTS & COMMUNITY INVOLVEMENT

- Guest Speaker, American Physical Therapy Association (APTA) Annual Conference (2021, 2023)
- Injury Prevention Consultant – Worked with local high school and collegiate teams to develop injury mitigation programs.
- Mentor & Volunteer – Provides career guidance and mentorship for aspiring physiotherapists and student interns.
- Youth Sports Rehabilitation Workshops – Conducts hands-on training for young athletes on movement efficiency and injury prevention.

TECHNICAL SKILLS

- 📄 EMR/EHR Systems: Athletico, WebPT, EpicCare
- 📊 Performance Analysis Tools: Dartfish, Kinovea, Vicon Motion Systems
- 💻 Telehealth Platforms: PhysiTrack, MedBridge
- 🎥 Content Creation: Canva, Adobe Premiere (for patient education videos & rehab tutorials)

PROFESSIONAL AFFILIATIONS

- American Physical Therapy Association (APTA) – Active Member
- National Strength and Conditioning Association (NSCA) – Certified CSCS
- American Academy of Sports Physical Therapy (AASPT) – Contributing Member

REFERENCES

Available upon request.