

# **M** Northwestern Lake Forest Hospital

Rehabilitative Services



## **Michael Palmieri, PT, MHS**

### **Background:**

- 29 years licensed Physical Therapist concentrating in orthopedic, sports and spine physical therapy
- 28 years physical therapy management experience

### **Experience/Clinical Interest**

Michael specializes in manual therapy, joint mobilization, soft tissue mobilization, muscle energy, myofascial release, performance enhancement and injury prevention. He incorporates the above treatment skills along with his focus on functional outcomes and customer service into his patient care. Michael has a particular interest in orthopedic, sports and spine rehab, and various taping techniques to help his patients achieve their rehab goals.

In addition, Michael is a Titleist Performance Institute Certified Golf Fitness Instructor Medical Professional Level III.

His vast experience includes:

- Physical therapist and consultant for the Chicago Bulls from 1986 - 2001
- Physical therapist and consultant for High School Musical II on location at Entrada Country Club at Snow Canyon in 2007
- Physical therapist for recreational, high school, college and professional athletes including players from every major Chicago professional sport team
- Successful management of outpatient physical therapy centers, consistently achieved top five-percentile performance in quality care, operations and financial management within the 150 center physical therapy division of Baxter International Healthcare Corporation, Inc.
- Owner and manager of multiple physical therapy businesses.

**Location:** Sports Medicine Clinic at Lake Forest Health & Fitness Center

**Contact:** Fax referrals to 847-535-8001 (Central Scheduling office)  
For direct communication with Michael call 847- 535-8063