



# Meet our therapists



## Joshua Gelfand DPT

Cert DN, Cert VRS, Cert MST

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### Physical Therapist

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**Josh comes to Alliance Physical Therapy with a passion for rehabilitation and patient centered outcomes.** He graduated from Boston University in 2008 with a Doctoral Degree in Physical Therapy. From there he pursued a residency program at the Institute of Orthopedic Manual Therapy (IOMT) in Massachusetts.

Josh has completed post graduate training in **Spinal Manipulative Therapy, Dry Needling, Vestibular Rehabilitation** and **Blood Flow Restriction Training**. He has treated patients in an outpatient setting from California to Maine and has continued to push for new skills and better results. His treatment style revolves around movement based treatments and selective manual therapy techniques to keep you moving well and out of pain. Already passionate about a manipulation and hands on treatment through his residency program, Josh shares Alliance's mission to 'get you better quicker'.

Josh arrived in Maine in 2012 after two years of doing traveling PT with his wife, Jennifer, who is also a physical therapist. They were drawn to the rocky coastline, friendly people, and family in the area. They have not looked back since! Joshua and Jennifer reside in Scarborough with their two children. Together they enjoy hiking, biking, and love to get to the slopes when Grandma and Grandpa can babysit!

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