



Meet our therapists



Philip Chamberlain PT

Cert DN, Cert VRS, Cert MST, Cert OMT

Owner and Physical Therapist

Phil earned an honors degree in Physiotherapy from the University of Hertfordshire, England, in 2002. He worked initially in the National Health Service in the UK where he gained an appreciation for a treatment philosophy that sought maximal clinical benefit for minimal cost.

Since being in America he has focused on outpatient orthopedics and sports injuries. Phil has completed post graduate training in **Spinal Manipulative Therapy, Dry Needling, Vestibular Rehabilitation** and **Blood Flow Restriction Training** among many others. He has spent nearly two decades in the greater Portland area opening Alliance Physical Therapy, Portland in 2015 and Elevate Physical Therapy, Gorham in 2019. He works closely with Martin's Point Healthcare to provide high quality low cost physical therapy to the community.

He is passionate about applying his brand of therapy, which he describes as "a progressive, evidence based, outcomes oriented approach combining skilled manual therapy and prescription corrective exercises delivered with an emphasis on patient education and independence." Phil has special interests in treating spinal pain, knee osteoarthritis and shoulder pain.

Phil is married and has two children who keep him on the run when he is not at work. He enjoys playing "real" football, kayaking, table tennis, taking family hikes and being active with the kids.

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