



Meet our therapists



**Kimberly
Wallingford DPT**

Cert DN, Cert VRS, Cert MST, Cert OMT

Physical Therapist

Kimberly is a Maine native who graduated from the University of Vermont in 2016 with a Doctoral Degree in Physical Therapy.

Kimberly was drawn into physical therapy after watching her dad go through two spinal operations and the subsequent rehabilitation. Her favorite thing about being a physical therapist is helping patients return to their activities and achieve their goals.

She loves the orthopedic and manual therapy aspects of physical therapy. Kimberly gained a passion for manual therapy during a manipulation course she completed in New Zealand. Since graduation she has continued to develop clinically completing post graduate training in **Spinal Manipulative Therapy, Dry Needling, Vestibular Rehabilitation, Dry Needling under Ultrasound, and Blood Flow Restriction Training**. She has found that her personal philosophy of physical therapy aligns greatly with the vision of Alliance PT.

When she's not in the clinic, Kimberly enjoys spending time outdoors. She can usually be found out on the water of Casco Bay boating or swimming. She is also an avid snowboarder and enjoys snowmobiling or spending time at her family's camp up north.

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