



Meet our therapists



Samuel Methot DPT ATC

Cert DN

Physical Therapist

Originally from Biddeford Maine, Sam completed his Bachelors Degree in Athletic Training at the University of New England in 2017. From there he progressed to Elon University in North Carolina to earn his Doctorate Degree in Physical Therapy. During his time as a student, Sam gained an appreciation for the application of functional training and the importance of regaining functional skills beyond those needed for everyday activities.

Sam's interest in Physical Therapy began in athletics. As a year round high school athlete he had suffered a number of different musculoskeletal injuries. His time on the sidelines fueled his passion to prevent this situation for other athletes. During his undergraduate career, Sam gained an appreciation of this same concept applied to the general public.

Sam's treatment approach leans toward soft tissue management through manual therapies and exercise training designed around the functional movements associated with a total task. Since finishing his doctoral program Sam has also pursued post graduate training in **Dry Needling**. Sam's favorite aspect of Physical Therapy is founded in the idea that patients deserve to regain the functional capacity to do what they love.

When he's not in the clinic, you can probably find Sam in a kitchen as he loves to cook. Sam is also a fan of a wide variety of music and is a regular at Thompson's point during their summer shows. Outside of the occasional outing, he is actively learning to play the guitar and enjoys nothing more than a good game of cribbage.

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