

Meet our team



Timothy Higgins DPT

Cert DN

Physical Therapist

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Tim was born and raised in Massachusetts and earned his Doctor of Physical Therapy degree from Daemen College in Buffalo, New York in 2019.

Tim's favorite part of his job is witnessing the improvements patients make and how it positively impacts their quality of life. He finds it incredibly rewarding to see them achieve their personal goals and return to performing activities they enjoy.

Tim was drawn to physical therapy for its holistic approach to healing. He is particularly passionate about working with patients who have psychiatric or neurocognitive disorders. He values the strong connection between mental and physical well-being and incorporates this understanding into his care.

During his first few years as a physical therapist, Tim gained diverse experience treating patients in numerous settings across Texas and California. He is excited to be back living in New England. Tim currently resides in Portland with his girlfriend, whom he met while traveling in Texas. When he's not working, you can find him managing his numerous fantasy football teams, playing soccer and volleyball, or shamelessly rooting for all New England sports teams.

"I believe in the use of evidence-based practice to allow for progress towards patient goals in a timely manner, while also finding joy in the process of recovery."
