

1305 South Gilbert Road
Gilbert, AZ 85296

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Tammy Groenwald, Physical Therapist (PT, DPT)

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Education:

- Doctor of Physical Therapy (DPT), University of Illinois at Chicago, Chicago, IL, May 2005-Class President and recipient of Who's Who Among American Colleges and Universities Recognition award in May 2005
- B.A. in Psychology, University of Illinois at Chicago, Chicago, IL, May 2002

Special Certifications:

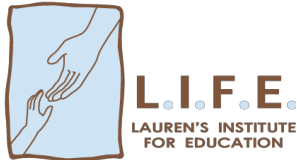
- Credentialed clinical instructor for PT and PTA students completing their school clinical affiliations at L.I.F.E.
- Certification received for Pilates Matwork Fundamental Instruction, SCW Fitness, Fall 2003

Specific Treatment Strategies, Equipment, or Expertise Utilized:

- Neurodevelopmental Treatment (NDT) especially for clients with cerebral palsy
- Gait training with Lite Gait device and RT 300 Functional Electrical Stimulation (FES) Cycling Systems
- Aquatic therapy (when L.I.F.E. pool is open for use)
- Chronologically Controlled Developmental Therapy
- Yoga and Pilates for the Special Needs Child
- Kinesiotaping
- Orthotics management including SMOs, AFOs, and Bioness

Career History:

I joined the L.I.F.E. family in August 2008 and transitioned into the lead physical therapist role from March 2013-2016. In addition to L.I.F.E., I worked part-time at Phoenix Children's Hospital (PCH) Outpatient Rehabilitation from 2012-2017 where I have expanded my knowledge working with children diagnosed with cancer, orthopedic injuries, and infants following their stay at PCH's neonatal intensive care unit. My work experience also includes geriatrics, adult orthopedics, and emergency room physical therapy at Gilbert Hospital.



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As much as I love working with my clients, I also have a passion for educating students and parents in the community on topics related to the physical therapy profession. I have guest lectured at the PT program at Northern Arizona University and the PTA programs at Carrington College and Gateway College regarding the topic of “Ethics in Physical Therapy Practice.” I currently guest lecture annually to the staff at Life Christian Preschool and Childcare (Chandler, AZ), as well as tri-annually to the moms receiving services at the Pregnancy Care Center of Chandler regarding the topic of “Typical Gross Motor Development from Infancy to Age 6” since 2017.

In addition, I am part of L.I.F.E.’s orientation team and train new employees bi-monthly on “Developmental Disabilities” and “Ergonomic Safety with Transfers.”

Personal Treatment Philosophy:

I always aim to put the “FUN” in “FUNCTIONAL” in all my treatment sessions.

Personal:

I grew up in Skokie, Illinois and moved to Chandler, Arizona in June 2005 after marrying Mike Groenwald, an aerospace engineer at Northrop Grumman. We have 4 kids: Nathan, Matthew, Samantha, and Angela, who keep me very busy outside of work. In my free time I enjoy cheering on my kids at their sporting events, scrapbooking, or watching any TV show related to The Bachelor/The Bachelorette franchise. I also have been a member of the Basileia Christian Dance Company, based in Chandler, since 2011.