

Morgan Steinberg, PT, DPT

Physical Therapist



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Profile

Morgan Steinberg, PT, DPT is a Doctor of Physical Therapy at Illinois Bone and Joint Institute at the Wilmette location. Dr. Steinberg earned her Doctorate of Physical Therapy from Mount Saint Joseph University in Cincinnati, OH, after receiving a Bachelor of Science in Kinesiology and Health from Miami University in Oxford, OH.

Dr. Steinberg has had experience in a wide range of patient populations including orthopedic, neurological, chronic pain, and sports medicine. She is educated on running analysis and injury prevention, as well as the rehabilitation of the overhead athlete. Dr. Steinberg strives to maximize function in her patient utilizing a hands-on approach. Treatments include a variety of manual techniques, dry needling, comprehensive therapeutic and neuromuscular exercises, along with education and facilitation to help patients achieve their functional goals and reduce the risk of future injury. She believes in a holistic and team-based approach to rehabilitation by taking into consideration the latest research and evidence-based practice as well as open communication with the patient when developing their individualized rehabilitation program.

Outside of the clinic, Morgan enjoys leading an active lifestyle. She enjoys running with her dog, and doing various different exercise classes. Although receiving her education in Ohio, Morgan grew up in Winnetka, and is a fan of all Chicago sports teams. She is excited to be back in her hometown in order to get Homer's ice cream whenever she can.

Education

- Doctorate in Physical Therapy, Mount Saint Joseph University
- Bachelor in Science, Miami University