

# Our Team

## Justin Snead



### Justin R. Snead, Physical Therapist

- B.S., Health and Exercise Science, Missouri Western State University, 2002
- D.P.T., Rochkhurst University, 2013

Justin firmly believes in the healing power of exercise. He’s seen it firsthand. That’s why he takes the time to educate his patients on postures and activities to allow them to treat themselves. With physical therapy, patients aren’t prescribed a pill: exercise is the medicine.

It’s precisely that philosophy that attracted him to the field and to practice at Elite Physical Therapy. At Elite, physical therapists like Justin work one-on-one and as a team to treat the whole patient, referring them as necessary to Elite’s in-house massage therapists, personal trainers, or dietary specialists—all to provide the best care possible.

Justin’s treatment specialties include:

- manual therapy
- orthopedics
- joint mobilization
- muscle stretching
- soft-tissue mobilization

....