

Adam Grove, PT, DPT, OCS

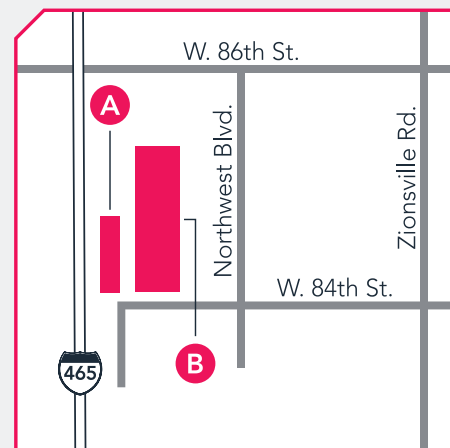
Physical Therapist



Adam Grove takes a patient-centered approach to physical therapy shaped by advanced clinical training and his own experience as an injured athlete. While playing collegiate soccer, Adam suffered a significant injury that required months of rehabilitation. The experience gave him first-hand insight into the physical and mental challenges of recovery and ultimately inspired him to pursue a career in physical therapy.

Adam earned his bachelor's degree in biology from Baldwin Wallace University and his Doctor of Physical Therapy from Indiana University Indianapolis (formerly IUPUI). He completed an orthopedic residency and is now a board-certified Orthopedic Clinical Specialist (OCS). Adam's primary focus is to help patients recover through education and guided exercise. When appropriate, he also incorporates techniques such as dry needling, instrument-assisted soft tissue mobilization (Graston Technique®), joint mobilization and traction as supportive tools.

Adam treats a wide range of orthopedic patients but frequently works with high school and collegiate athletes, including student-athletes from Marian University. Having played competitive soccer himself, he understands that injuries can affect more than physical performance – they can challenge an athlete's sense of identity and confidence. He focuses on honest communication, individualized exercise and patient education to help patients regain strength, mobility and return to the activities that matter most to them.



Located At
OrthoIndy Northwest
Physical Therapy
6040 W. 84th St.
Indianapolis, IN 46278
317.956.1082

Location Hours
Monday - Thursday:
7am to 6pm
Friday: 7am to 5pm