

# Addie Layden, PT, DPT

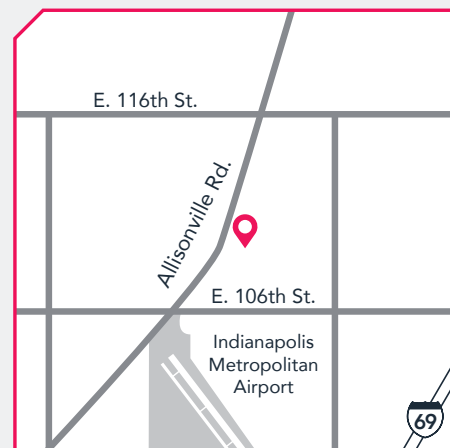
Physical Therapist



Addie Layden takes a patient-centered approach to physical therapy, equipping patients with the tools and knowledge needed to reach their specific goals outside of the clinic. Whether that means helping someone climb the stairs at their grandkid's sporting event or return to a favorite activity, she focuses on restoring function and confidence in everyday life.

Addie's interest in physical therapy began during college while watching a friend rehabilitate after an ACL injury. The experience showed her that recovery is not only about returning to sport but also about helping someone regain an important part of their identity. Today, she treats a wide range of orthopedic patients, with special interests in pediatrics and those involved in cheerleading. A former collegiate cheerleader who now coaches a college team, she enjoys helping athletes and active patients safely return to the activities that matter most to them.

Addie stays connected with patients between visits through OrthoIndy Connect, a text-based platform that allows therapists to adjust exercise programs, answer questions and celebrate progress throughout the week. She is also participating in research examining provider experience with text-based patient communication tools. Addie earned her Bachelor of Health Sciences from Butler University and her Doctor of Physical Therapy from the University of Indianapolis.



**Located At**  
**OrthoIndy Fishers**  
**Physical Therapy**  
10995 N. Allisonville Rd.  
Suite 101  
Fishers, IN 46038  
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**Location Hours**  
Monday - Thursday:  
7am to 6pm  
Friday: 7am to 5pm