

Alex Gates, PT, DPT

Physical Therapy



Alex Gates helps patients improve their quality of life through individualized, goal-driven physical therapy. His approach begins by identifying a patient's functional limitations and designing a treatment plan with carefully progressed exercises that build confidence, reduce pain and restore mobility.

Alex's interest in physical therapy began while rehabilitating a shoulder injury as a high school athlete. Encouraged by his physical therapist, he began to see how helping people return to the activities they enjoy could become a meaningful career. That interest grew stronger when he volunteered at a physical therapy clinic during college. Alex earned his bachelor's degree in clinical exercise science from Grand Valley State University in Allendale, Michigan, and his Doctor of Physical Therapy from Central Michigan University.

Today, Alex works with a wide range of orthopedic patients and is particularly passionate about post-surgical orthopedic rehabilitation and helping patients manage chronic spine pain. He has trained in the McKenzie Method of Diagnosis and Therapy, which helps identify movement patterns that restore function and reduce spine-related pain. Alex is also certified in dry needling, a technique he uses when appropriate to decrease tissue sensitivity and improve pain-free range of motion. Ultimately, Alex aims to help patients return to active participation in sports, work, family time and the hobbies they enjoy.



Located At
OrthoIndy Brownsburg
Physical Therapy
9070 E. 56th St.
Suite 200
Brownsburg, IN 46112
317.956.1082

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