

Brett Grimes, MPT

Senior Physical Therapist

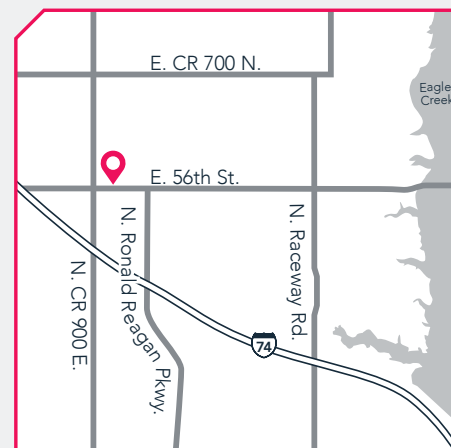


Brett Grimes is focused on helping patients return to their best level of function in everyday life. Through personalized treatment plans, he works to restore movement, reduce pain and guide patients back to their version of "normal."

Growing up around sports, Brett developed an early interest in injury recovery and rehabilitation, which ultimately led him to pursue a career in physical therapy. He earned his master's degree in physical

therapy from the University of Evansville and is a DSI Functional Capacity Assessment (FCA) certified clinician. Today, he serves as a senior physical therapist at OrthoIndy, where he focuses on listening to each patient's needs and helping them get back to the activities that matter most to them.

Brett treats a wide range of orthopedic conditions, including post-operative and non-surgical injuries of the foot, ankle, knee, hip, spine, shoulder and neck. When appropriate, he incorporates techniques such as dynamic taping (including RockTape), Sound-Assisted Soft Tissue Mobilization (SASTM) and Blood Flow Restriction (BFR) therapy to support recovery and improve mobility. He believes good patient care starts with listening, requires thoughtful progression, and involves knowing when to collaborate with physicians and care teams to ensure the best possible outcomes.



Located At

**OrthoIndy Brownsburg
Physical Therapy**
9070 E. 56th St., Ste. 200
Brownsburg, IN 46112
317.956.1082

Location Hours

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