

# Brett McDonald, PT

Physical Therapist

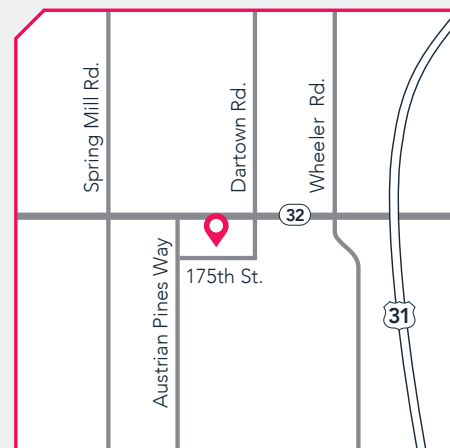


Brett McDonald takes a personalized approach to care, tailoring treatment plans to each patient's specific needs – not just their diagnosis. He believes understanding the “why” behind each exercise is key to helping patients fully engage in their recovery. By connecting every part of a plan to a patient's goals, Brett helps build confidence and buy-in from day one.

At OrthoIndy, Brett focuses on outpatient orthopedics and sports medicine. He draws

on a variety of techniques to support strength, mobility and pain reduction and is certified in Selective Functional Movement Assessment (SFMA), Functional Movement Systems (FMS), Y-Balance testing, Blood Flow Restriction (BFR) therapy and Graston Technique®. These tools help him identify movement patterns, guide recovery and reduce the risk of re-injury. He also collaborates closely with physicians, athletic trainers and care team members to support each step of the recovery process. Ultimately, Brett's goal is to help patients not only feel better but also leave therapy with the tools they need to manage their condition long after care ends.

Brett's interest in physical therapy began early, sparked by a middle school career day and reinforced through time spent in clinics alongside injured athletes. He earned his master's degree in physical therapy from the University of Indianapolis.



## Located At

### OrthoIndy Westfield Physical Therapy

288 E. 175th St., Suite 200  
Westfield, IN 46074  
317.956.1082

## Location Hours

Monday - Thursday:  
7am to 6pm  
Friday: 7am to 4pm