

Caitlin Hathaway, PT, DPT

Physical Therapist

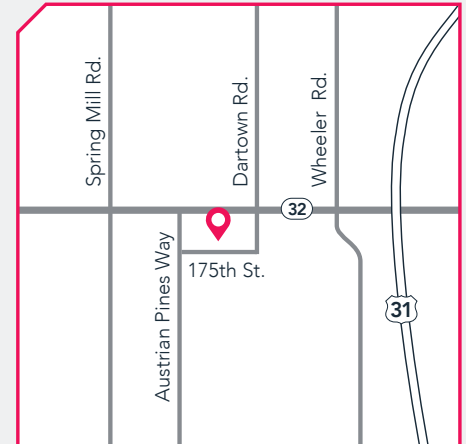


Caitlin Hathaway is passionate about helping people feel better and stronger through physical therapy. At OrthoIndy, she treats a wide range of orthopedic patients, with a focus on joint and muscular injuries, post-surgical rehabilitation, and chronic pain.

Caitlin believes great care starts with being an active listener. She takes time to understand her patients' goals and creates customized treatment plans designed

to help them get there. These plans often combine hands-on techniques, exercise-based interventions and patient education. She also draws on her advanced training in Blood Flow Restriction (BFR) therapy, the McKenzie Method of Mechanical Diagnosis and Therapy, and Graston Technique. Ultimately, Caitlin's goal is straightforward: to help patients achieve meaningful improvements in function, independence and overall quality of life.

Caitlin was drawn to physical therapy by its ability to create lasting change, not just physically but also in a patient's confidence, motivation and ability to return to the activities that bring them joy. She earned her bachelor's degree in biology from Butler University and her Doctor of Physical Therapy from the Indiana University. Today, she values the role she plays in providing encouragement, education and consistent support throughout each patient's recovery.



Located At

**OrthoIndy Westfield
Physical Therapy**
288 E. 175th St., Ste. 200
Westfield, IN 46074
317.956.1082

Location Hours

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