

Cody Wilburn, PT

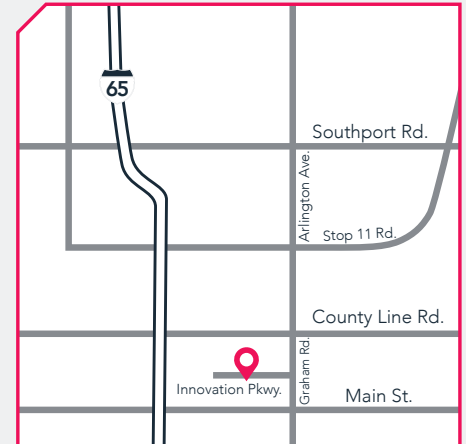
Physical Therapist



For Cody Wilburn, physical therapy has proved to be the perfect blend of science, technology and helping people return to the activities that matter most to them. He specializes in orthopedic rehabilitation and finds it especially rewarding to help patients who are recovering from surgery. Cody has a particular interest in ACL rehabilitation and shoulder injuries – helping patients progress from the early stages of recovery to a high level of function and a confident return to work, sports and daily life.

Cody strives to ensure every patient feels safe, motivated and confident throughout their recovery journey. Combining that patient-centered approach with a love of problem-solving, Cody enjoys helping patients navigate obstacles that can slow recovery. Whether it's using Blood Flow Restriction (BFR) training to help patients build strength after ACL surgery when traditional resistance training isn't yet possible or incorporating Integrative Dry Needling when progress has stalled, he believes in finding practical solutions that keep patients moving forward despite injuries, surgical restrictions or setbacks. That approach resonates with patients, who often say they appreciate how well he listens and adapts treatment plans to meet their individual goals.

Outside the clinic, Cody enjoys spending time with his family and friends, tackling challenging clinical cases and, whenever possible, finding a great slice of pizza.



Located At
OrthoIndy Greenwood
Physical Therapy
1260 Innovation Pkwy.
Suite 134
Greenwood, IN 46143
317.956.1082

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