

Jennifer Fryman, PT, DPT

Physical Therapist

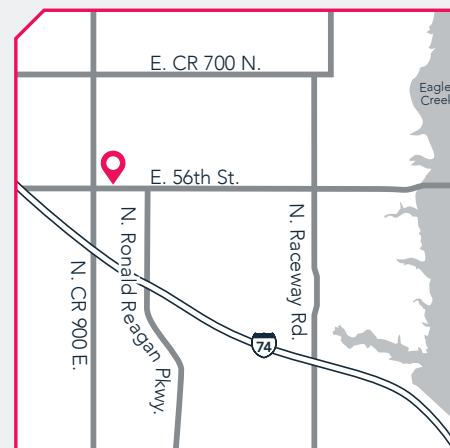


At OrthoIndy, Jennifer Fryman treats patients with a wide range of orthopedic conditions, from overuse injuries to post-surgical rehabilitation. Her interest in physical therapy began after experiencing it firsthand following a high school injury – an experience that shaped her approach to care today.

Jennifer uses a combination of manual techniques and exercise-based programs to help patients return to their prior level

of function. She draws on advanced training in Sound Assisted Soft Tissue Mobilization (SASTM) and the McKenzie Method of Mechanical Diagnosis and Therapy, particularly when treating patients with spine conditions. She values this approach for its focus on repeated movement exercises that help patients better understand and manage their pain.

With every patient, Jennifer aims to provide tools they can use beyond the clinic. Her goal is to help patients feel confident managing their condition at home and empowered to take an active role in their recovery. Jennifer earned her bachelor's degree in human biology and her Doctor of Physical Therapy from the University of Indianapolis. Today, she enjoys helping her patients return to their communities and the activities they love.



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