

Trevor Rowell, PT, DPT, CIDN

Physical Therapist

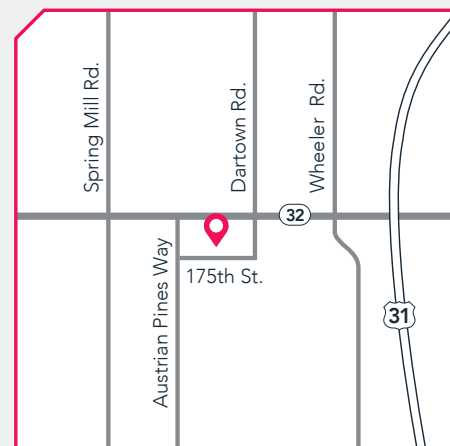


Trevor Rowell takes a compassionate but straightforward approach to helping patients get back to what they enjoy most. At OrthoIndy, he treats a wide range of orthopedic conditions, with a special interest in working with athletes of all ages and abilities – particularly in baseball and softball, golf and skiing and snowboarding.

Trevor is known for meeting patients where they are and giving them the tools to take an active role in their recovery. He prioritizes

clear, education-focused communication, helping patients understand the scope of their injury, what's expected of them and how to manage their condition both during therapy and beyond.

Trevor's approach is shaped by personal experience. As someone who has experienced physical therapy as a patient, he remembers both the positive outcome and the supportive environment that influenced his path into the profession. He earned his bachelor's degree from Washington State University in Pullman, Washington, and his Doctor of Physical Therapy from the University of Indianapolis. He is certified in Blood Flow Restriction (BFR) therapy and integrative dry needling, using these techniques to support strength, mobility and pain-relief. For Trevor, success means helping patients return to the things that make them happy – whether that's getting back to sport or simply spending more quality time with the people they love most.



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