

CLINICAL PROFILE

Jesse Tierno, PT, DPT



Jesse Tierno is a valued member of the clinical team who has always been interested in health, sports and fitness. With years of exposure to sports participation, Jesse has a great understanding of the importance of optimal movement to play well and avoid injury. This practical knowledge along with his doctor of physical therapy degree instilled in him a true passion for his profession, and it is what drives his focus on excellent therapeutic rehabilitation. Jesse is committed to providing optimal care to enhance the physical therapy experience for each patient. His goal is to empower patients to live more active and pain free lives by equipping them with the tools to overcome their injuries and take control of their conditions.

Education and Certifications

- **Doctor of Physical Therapy**
Widener University - 2023
- **Bachelor of Health Sciences**
Stockton University - 2019



Jesse's Vision... I am a strong advocate of patient education throughout the plan of care to facilitate patient understanding of their injury and how best to manage symptoms and avoid re-injury. I effortlessly make physical therapy a fun, engaging, and effective experience.

Services Offered

- Physical Therapy
- Orthopedic Rehabilitation
- Treatment of Acute and Chronic Pain
- Spinal Stabilization/Core Strengthening
- Sports Injuries/Return to Play
- ACL Program
- Gait Training/Crutch Training/Balance Training
- Trained in the Utilization of McKenzie Technique
- Rotator Cuff Repair Protocol
- Negative Pressure Soft Tissue Mobilization (Cupping)
- Myofascial Release
- Total Joint Replacement Rehabilitation
- Blood Flow Restriction Training
- Instrument Assisted Soft Tissue Mobilization (IASTM)
- Pre/Post-Operative Care
- Kinesiotherapy Taping

Rothman Orthopaedic Institute

Managed by NovaCare Rehabilitation

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