

MEET YOUR *Physical Therapist...*



JOHN COTTINGHAM, PT

WHY I CHOSE HEALTH CARE

"I became interested in physical medicine and therapy after suffering a low back disc injury and was scheduled for surgery. Through the direction of a physical therapist, I recovered and did not need surgery. At that point, I decided to become a physical therapist."

BS: Northwestern University Medical School at Chicago, IL, Physical Therapy

PROFESSIONAL MEMBERSHIPS: American Physical Therapy Association

ORGANIZATIONS: Occupational Therapy Assistant Program, Parkland College, Champaign (Steering Committee); Aspen Research Institute, Berkeley, CA (Research Consultant); Rolf Institute, Boulder, CO (Research Consultant); Christian Health Services Committee, empty tomb, inc. (Co-Founder, Member)

IN THE COMMUNITY: University of Illinois Dance Department, Guest Lecturer and Therapy Consultant

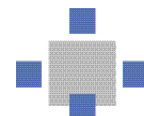
DEPARTMENT OF PHYSICAL THERAPY

In the Department of Physical Therapy, Mr. Cottingham provides preventive injury education, conditioning, and training, as well as sports injury evaluation, treatment, and rehabilitation.

Mr. Cottingham and his wife have two sons: one at Parkland College and one at Champaign Central High School. In his free time, he enjoys tennis, writing poetry, and history.

"I have a dual interest in the clinical practice of physical therapy and in conducting research pertaining to manual therapy techniques. I have published five articles in peer-reviewed journals relating to manual and guided-movement techniques."

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