



HAND THERAPY FOR MUSICIANS

STAR PHYSICAL THERAPY - EAST NASHVILLE

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PHYSICAL THERAPY



www.STARpt.com

Noelle M. Austin, MS, PT, CHT, *Certified Hand Therapist*



Noelle has enjoyed treating musicians with hand and upper extremity problems over the years, and when she relocated to Music City, she realized there was a great need to address this unique population. Her love for music started at a young age - singing, playing piano, and various other instruments. Ultimately, she decided to blend her love for music and upper extremity rehabilitation by helping to create a comprehensive program specific to meet the needs of those working in the music industry. Components of this one-of-a-kind rehabilitation program include:

comprehensive assessment, education on modifications of activities/ergonomics, manual therapy, instrument specific exercises, postural correction, strength/conditioning as well as pain management techniques. In addition to working with musicians to overcome an injury, this program has also been highly effective in educating musicians about injury prevention. Noelle is excited to collaborate with Sandy Murphy PT on this unique program at STAR Physical Therapy in East Nashville, and looks forward to making a positive impact on this amazing community.

Noelle is a graduate of Quinnipiac University with a Bachelor of Science in Physical Therapy and later earned her Master of Science Degree from the University of Connecticut with a focus on Allied Health Education. Noelle has been practicing in Hand Therapy for over 30 years and is a Certified Hand Therapist (CHT) - an expert in the treatment of hand and upper extremity conditions. Additionally, she has received training in the following specialized interventions: custom orthotic/splint fabrication, performing arts medicine, PNE (Pain Neuroscience Education), ergonomics, IASTYM (Instrument Aided Soft Tissue Manipulation), Kinesiology Taping, manual therapy techniques, and Dry Needling. She is coauthor of the textbook: Orthotic Intervention for the Hand and Upper Extremity: Splinting Principles and Process. She lives with her husband Gary and enjoys the lively Nashville music scene, working out, walking, cooking, reading and spending time with friends and family.

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