



Stephanie Oakes MSPT

Stephanie Oakes earned her Master’s of Science in Physical Therapy from Grand Valley State University in 2001. She has been practicing as a licensed Physical Therapist in West Michigan since 2001 and has worked in the field of Physical Rehabilitation since 1991. Her experiences include chronic pain, traumatic brain injury, general orthopedics, spine care, arthritis, and pediatrics.

She continues to advance her professional knowledge through continuing education in biomechanical treatment approaches, neuro–developmental techniques, manual therapy–mobilization with movement, Pilates, sensory integration, kinesio taping technique, Selective Functional Movement Assessment, preventative care, and Functional Dry Needling. She use a variety of techniques specifically tailored to each patients goals and needs when treating many conditions such as: CRPS (chronic regional pain syndrome), neck pain, back pain, fibromyalgia, arthritis, headaches, TMJ, scoliosis and postural dysfunction, and joint dysfunction.

Currently Stephanie is involved in multiple roles within the physical therapy profession: Synergy Physical Therapy Group clinician, clinical instructor, and clinical coordinator of clinical education; Grand Valley State University Adjunct Professor, GVSU Pro-Bono Volunteer, guest speaker for professional development, and independent consultant for injury prevention in Ballet.

Stephanie continues to seek knowledge in holistic life approach addressing a new and exciting means of treatment for patients. This approach has also played a large role in her lifestyle raising her children.

Patients of Michigan Pain Consultants & Synergy Physical Therapy Group can expect skilled and knowledgeable therapists that understand the differences between an acute pain and a chronic pain condition and how to manage those differences.

Our goal at Synergy Physical Therapy is to help relieve the patients’ pain and discomfort, decrease impairment and dysfunction, improve or maintain function, prevent or minimize disability, and educate our patients to be effective in self management.

LOCATIONS

Synergy PT at MPC Big Rapids

15044 220th Ave
Big Rapids, MI 49307

Synergy PT at MPC Heritage Pointe

2060 East Paris Ave
SE #200,
Grand Rapids, MI
49546.

Synergy PT at MPC Holland

844 Washington Ave
#100
Holland, MI 49423

Synergy PT at MPC Lakeshore

1675 East Mount
Garfield Road #135,
Muskegon, MI 49444

Synergy PT at MPC South

2147 Health Drive SW
Wyoming, MI 49519