

**Robert Gillanders, PT, DPT**

Board-Certified Clinical Specialist in Orthopaedic Physical Therapy



APTA spokesman Robert Gillanders, PT, DPT, practices at Point Performance Therapy in Bethesda, Maryland. He is a board-certified clinical specialist in orthopaedic physical therapy, a certified ergonomic assessment specialist, and he is certified in dry needling. He is also a certified bike-fit specialist and running medicine expert. He integrates clinical skills with personal experience to provide athletes with sports-specific services that help them expedite their recovery and improve their race-day

performance. He received a master of physical therapy degree and training in manual therapy from the University of Saint Augustine, and a doctor of physical therapy degree from Marymount University. He is a regular guest speaker at medical conferences and athletic events, a contributor to *Runner's World* magazine, and a consultant for local running and triathlon teams. He enjoys staying active by running and cycling, and has competed in numerous endurance cycling, running, and triathlon events, including the Boston Marathon 8 times. When inspired, he has been known to scribe on [his blog](#).

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