



Stephania Bell, PT
Board-Certified Clinical Specialist in Orthopaedic Physical Therapy



APTA spokeswoman Stephania Bell, PT, is a board-certified clinical specialist in orthopaedic physical therapy and a certified strength and conditioning specialist. She is an injury analyst and senior writer for ESPN. After earning her undergraduate degree from Princeton University, Stephania went on to receive a master's degree in physical therapy from the University of Miami, followed by a certification in orthopedic manual therapy from the Ola Grimsby Institute. Prior to joining ESPN, she worked for Kaiser Permanente in San Jose, California, and taught in the Kaiser Permanente Northern California Orthopaedic Manual Physical Therapy Fellowship. She has also held teaching positions in physical therapy programs at Samuel Merritt University and the University of Kansas, and has lectured nationally on various physical therapy topics. Bell remains active in both the American Academy of Orthopaedic Manual Physical Therapists (AAOMPT) and APTA and is a recipient of several honors and awards, including the 2015 American Academy of Orthopaedic Surgeons' Media Orthopaedic Reporting Excellence Award, the 2015 Newswomen's Club of New York award for Specialized Reporting in Sports, and the AAOMPT John McM. Mennell Service award.

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