

## **Elyse Biechele PT, DPT**

*Physical Therapist*

**Hometown:** Garden Grove, CA

**Undergraduate Degree:** Marquette University, Milwaukee, WI - Exercise Science (Bachelor's), Psychology (Minor)

**Graduate Degree:** Marquette University, Milwaukee, WI - Doctorate of Physical Therapy

My name is Elyse Biechele, and I have been a PT since 2017, working as a travel physical therapist and as an outpatient PT in Orange County.

I was first introduced to PT following an ACL rupture sustained during a high school basketball tournament. Though it was a tough experience as a teenager, it introduced me to the fusion of service, health, and movement that is PT...and I was hooked! I pursued an accelerated program at Marquette, while adding in extra courses in psychology, as I feel the relationship and team dynamic forged between the PT and the patient, is vital to the success of the therapy program.

Though I have worked mainly in outpatient orthopedics, I allow the needs of patients to drive my continuing education. Through these experiences, I have continued my growth as a professional in areas of nutrition, sports medicine, and neurological disorders. I was particularly drawn to a unique program designed, and heavily researched, as the global standard treatment for individuals with Parkinson's Disease. The LSVT BIG program is an intensive regimen that uses common treatment techniques, in an individualized manner, to address the specific needs of the individual - everything from buttoning a shirt to paddleboarding. I love the high energy and partnership between PT and patient that this program inspires!

In my spare time, I enjoy experimenting with new recipes (baking is my favorite-and I have been known to ask my patients to volunteer as taste testers), exploring the outdoors with hiking, camping, and beach games, and if we're meeting on a Friday you can be sure I'll be rocking my "Fun Sock Friday" gear!

I look forward to working together to help you reach your goals, and share a few laughs along the way!