

Elizabeth McGonagle, DPT, ATC

Physical Therapist

Hometown: Anaheim, CA

Undergraduate: Chapman University, BS in Athletic Training 2008

Doctor of Physical Therapy: University of Southern California, 2011

Elizabeth was born and raised in Orange County with a competitive spirit in academics and athletics. She was a leader at the distinguished Oxford Academy College Prep High School helping the school build their sports programs from the ground up. She pursued her love of science and sport with a BS in Athletic Training at Chapman University where she was heavily involved with sports injury management, athletic movement analysis and sports specific training at all levels from youth to Olympic and professional.

After working with professional teams like the Angels, Dodgers, and Anaheim Ducks, she developed an interest in treating the aging athlete to keep them competing for as long as possible. She went on to earn her Doctor in Physical Therapy at the University of Southern California in 2011, where she teamed up with expert manual therapists who propelled her quest for specialty training in manual therapy and rehab of the spine.

The following year she completed the Year-Long Orthopedic Manual Therapy course in Folsom in 2012 which focuses on functional movement analysis, achieving and maintaining optimal joint health with manual therapy, specific exercise and effective teaching/coaching principles for spinal rehabilitation. The focus on the spine provides the appropriate foundation for all movement levels as well as balance training.

Her latest study has been with the brain as the focus of sensory integration to produce appropriate motor outputs. Research for brain based therapy has enhanced her ability to treat post-concussion, TBI, Parkinson's, stroke, and other nervous system related disorders.

She enjoys leading and creativity finding solutions for her patients to achieve their goals, and regain control of their injuries and lives. She believes in a holistic approach to healing and is always marveled at the ability of the mind to overcome many blocks and hindrances.

When Elizabeth is not in the clinic, she loves watching sports, hiking, swimming, boxing, and going to the beach with her husband and two kids.