

Elyse Biechele PT, DPT

Physical Therapist

Program Director - Post-Op Services

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 (LSVT BIG certified clinician). Currently, I serve as MTS Program Director - Post-Op Services, where we meet patients in the first 1-2 days after surgery. Together, we navigate the transition out of surgery, and kickstart the rehab back to what makes you...you! Whether that is getting down to the floor to play with your grandchild, or paddleboarding in the bay, we will get you there!

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!