

Matthew Tjandra, PT, DPT

Physical Therapist

Hometown: Irvine, CA

Bachelor's Degree: University of California, Irvine – B.A. in Public Health Policy, Minor in Business Management

Graduate Degree: Chapman University – Doctorate in Physical Therapy

I earned my bachelor's degree in Public Health from the University of California, Irvine, where I had the opportunity to intern with UCI's Sports Medicine Department. During this time, I worked alongside physical therapists and athletic trainers, providing rehabilitation and first aid to Division I athletes. After graduating, I spent 2.5 years managing an outpatient physical therapy clinic specializing in beach volleyball athletes, which further strengthened my skills in orthopedic and sports rehabilitation.

I went on to complete my Doctorate in Physical Therapy at Chapman University, gaining experience in outpatient orthopedics, sports rehab, geriatrics, and acute care. In my practice, I take a movement-based approach, utilizing manual therapy, movement analysis, and strength-based interventions to create individualized treatment plans that help patients achieve their goals. My passion for physical fitness and overall well-being allows me to integrate a holistic perspective into rehabilitation. I am excited to be involved with Mobile Therapy Specialists to bring high quality, one-on-one physical therapy to my patients.

In my spare time, I enjoy weightlifting, attending fitness classes, swimming, cycling, watching basketball (go Lakers!), playing video games, and trying out new restaurants!