

Alex Chang, PT, DPT

Physical Therapist

Hometown: Pasadena, CA

Undergraduate Degree: University of Hawaii at Manoa, Hawaii, HI – Kinesiology B.S

Graduate Degree: University of Southern California, California, CA – Doctor of Physical Therapy

Born and raised in Southern California, I grew up playing a wide variety of sports. That early exposure sparked a lasting interest in exercise which led me to my undergraduate degree in Hawaii where I dedicated my studies to human movement and rehabilitation.

After returning to California, I worked as a personal trainer and strength and conditioning coach where I realized that some of my clients had more questions than I had answers. This led me to pursue further studies to become a Physical Therapist.

I graduated in 2021 with my Doctor of Physical therapy degree from USC which gave me a great foundation to start my career. Since then, I have gained experience working in outpatient orthopedics, sports rehabilitation, aquatic therapy, and home health therapy. I am committed to providing individualized, evidence-based care. My intentions for all my patients are to provide insight into their condition, restore function/mobility and leave a lasting understanding of how to improve the way to move.

Outside of work, I enjoy spending time at the beach, playing golf, sports and travelling with my wife. At home, we stay busy with our two cats!