



Jeff Cayo, MS, ATC, PT

Bio

Jeff's clinical experience and background includes sports medicine and orthopedics. His interest lies in helping the athlete and the patient get back to their sports in a healthy manner. He enjoys working with the golf community.

Education

- **Olivet College** -- *Bachelor of Arts Degree in Athletic Training and Organic Chemistry*
- **Western Michigan University** -- *Masters of Arts Degree in Athletic Training*
- **Nova Southeastern University** -- *Masters of Physical Therapy*

Practice

- Has 17 years of experience with OrthoCarolina Physical Therapy
- 10 years as an Athletic Trainer, Certified treating high school, college and professional athletes
- 10 years for OrthoCarolina treating orthopedic injuries and post surgical patients with 8 of that being a clinical coordinator
- Member of the National Athletic Trainers Association
- Has worked closely with the United States Masters Swimming organization in Charlotte providing lectures and workshops on the prevention and treatment of swimming injuries
- Has provided athletic training services for Charlotte area high schools as well as Winthrop University
- Certified Dry Needling

P: 704.323.3303

LOCATIONS

- Pineville Physical & Hand Therapy

CLINICAL SPECIALTIES

- Elbow
- Foot
- Shoulder
- Sports Medicine

Attended multiple continuing education programs in the following

- Kinesiology and Kinesio Tapping
- Explain Pain- Management
- (FAKTR) Technique
- Golf Rehabilitation
- Myofascial Trigger Point and Proprioceptive
- ?Mobilization of the Nervous System
- Mulligan Mobilizations
- Maitland Mobilizations

Awards

- Certified Athletic Trainer in the professional, college, and high school settings as well as management
- Certified in Selective Functional Movement Assessment
- Titleist Performance Institute Level 1, Medical level 2, and Fitness Level 2 certified

