



Charlene Helms, PTA

Bio

Charlene has 18 years of experience treating orthopedic injuries, post-surgical patients, treatment and teaching reeducation of muscles and proper body mechanics for neck/back issues

Fun Fact: She enjoys swimming and paddleboard, spending time with her family.

P: 704.323.3208

LOCATIONS

- Matthews Physical & Hand Therapy

CLINICAL SPECIALTIES

Education

- **Central Piedmont Community College** - *Associates in Applied Science Degree - Physical Therapist Assistant, 2000*

Practice

- Outpatient orthopedics
- Back education

Research

Attended multiple continuing education programs in the following:

- Kinesio taping
- Graston Technique, M1
- Multiple Lumbar Spine Classes including Core, Posture and Balance
- Multiple Shoulder Courses including Rotator Cuff Syndrome
- Myofascial Release 1 by John Barnes