



## Charlene Helms, PTA

### Bio

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Charlene has over 22 years of experience treating post-surgical patients for knee, hip, ankle, shoulder, neck and low back, treating orthopedic injuries and teaching reeducation, body mechanics and posture. Her main goal is to assist her patients in achieving their rehab goals to improve their quality of life and/or return to regular daily activities. She enjoys spending time with her family, especially her two young granddaughters. For fun she likes to swim, hike, exercise and also enjoys reading.

**P: 704.323.3208**

### LOCATIONS

- Concord Physical & Hand Therapy

### CLINICAL SPECIALTIES

### Education

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

### Practice

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- Outpatient orthopedics
- Back education

### Research

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**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