

WORKING TOGETHER



ORTHOPEDIC REHAB
SPECIALISTS





At ORS, we help people from all over the greater Rockford area... injured athletes, post-surgical patients, injured workers, weekend warriors and more. Our talented and diverse staff has the knowledge, experience and motivational skills to help our patients succeed. ORS is a physical therapist owned company, which means our focus... throughout the entire organization... is on our patients. As a specialized physical therapy company, we thrive on hard work and helping people overcome a wide array of injuries and conditions.

ORS uses a team approach to care, conferring with other in-house specialists for opinions and ideas, which means our patients and their physicians can be confident that we will develop a comprehensive and effective treatment plan, even in difficult cases. At the end of the day, it's about helping people... we love what we do!

Our Mission

Orthopedic Rehab Specialists...
helping people get their lives
back, one day at a time.



Specialties & Services

Our certified therapists cover a wide range of services including...

- Orthopedics and sports medicine
- Neck and back pain, including headaches, and TMJ
- Manual therapy and spinal mobilization/manipulation
- Graston® Technique (GT) Therapy (IASTM-Instrument Assisted Soft Tissue Mobilization)
- Post-surgical and non-surgical therapy including spinal rehabilitation, upper and lower extremity rehabilitation
- Trigger-point dry needling
- Aquatic Therapy
- Vertigo/dizziness and balance, plus vestibular rehab
- Industrial rehab services including functional capacity evaluations (using the XRTS testing system), work conditioning, workers comp rehabilitation, post-offer employment testing, job analysis/job descriptions, wellness and work injury prevention programs.
- Licensed WorkSTEPS® provider
- Selective Functional Movement Assessments (SFMA) and Functional Movement Screens (FMS)
- Treatment of arthritis/osteoporosis/chronic pain
- Peripheral neuropathy
- Post-stroke rehab

When you have a specialty listing as long as that one, the question arises—how does it all work together?

It begins with a comprehensive evaluation. All new patients are evaluated thoroughly to determine the best plan of care, including which specialist or specialists to see. Each patient and each injury are unique, and therefore, our treatment plan is customized accordingly.

What Is Physical Therapy?

Restoring function, improving mobility, relieving pain, and preventing further injury through education.



Meet Our Team



ROCKFORD

David Black, PT, MS, OCS, FMS1, SFMA concentrates his practice in the area of orthopedic and sports physical therapy, specializing in complex upper and lower extremity conditions and injuries as well as post-surgical care. In 1991, David completed his studies at the University of Alabama at Birmingham where he graduated with a Master's Degree in Physical Therapy. In May 1998, The American Board of Physical Therapy Specialties awarded him the distinguished title of Orthopedic Certified Specialist. David also received certifications in Functional Movement Screens (FMS) and Selective Function Movement Assessments (SFMA) in 2015. David has also been appointed as an adjunct faculty member with the Physical Therapy Department of Northern Illinois University (NIU) and has given numerous guest lectures at NIU and the University of Minnesota. David is an active member of the Orthopedic & Sports Physical Therapy Section (OSPT) and a Private Practice Section (PPS) member of the American Physical Therapy Association (APTA) and Illinois Physical Therapy Association (IPTA). He is also a medical volunteer for the VetsRoll organization.



ROCKFORD

Gordon Green, PT, OMT focuses his practice on challenging spinal issues and headaches. He received his Bachelor of Science in Physical Therapy from St. Louis University in 1985. In 1996 Gordon became the first certified Orthopedic Manual Therapist (OMT) in the greater Rockford area to be trained in spinal and extremity joint manipulation from the Ola Grimsby Institute. He is also trained in Dry Needling. Gordon is a Private Practice Section (PPS) member of the American Physical Therapy Association (APTA) and is also a current evaluator for the National Wheelchair Athletics Association.



ROCKFORD

Dan McGirk, PT is the practice manager for ORS and all of its affiliates. Dan has extensive experience in the evaluation and treatment of a wide range of orthopedic conditions including both surgical and non-surgical cases affecting the neck, back, shoulders, upper and lower extremities. He has focused his treatment practices in orthopedic manual therapy, hand and foot injuries, and industrial services, including worker's compensation rehabilitation and Functional Capacity Evaluations (FCE). He is also licensed to perform pre-employment testing for local industries, fit for duty testing, detailed functional job descriptions and job site analyses. Dan graduated with a Bachelor of Science Degree in Physical Therapy from the University of Illinois-Chicago in 1990.



ROCKFORD

J. Mark Skaggs, PT, CSCS, FMS1, SFMA has special interests including general orthopedic care, sports medicine and total joint post-operative rehabilitation. In 1987, J. Mark Skaggs graduated from St. Louis University receiving a Bachelor of Science Degree in Physical Therapy. He is a Certified Strength and Conditioning Specialist (CSCS) attaining certification through the National Strength and Conditioning Association. He has completed training in Graston Technique® Therapy. Mark received certifications in Functional Movement Screens (FMS) and Selective Functional Movement Assessments (SFMA) in 2015 as well. He is a member of the American Physical Therapy Association (APTA) and the National Strength and Conditioning Association (NSCA).



ROCKFORD

Paul Bliton, PT, DPT, OCS, CMT, CSCS, Cert. DN/SMT, FAAOMPT received his Doctorate of Physical Therapy degree from St. Ambrose University in 2012. His interest in Physical Therapy stems from past experience with athletic injuries. Paul is recognized by the American Board of Physical Therapy Specialties as an Orthopedic Clinical Specialist. He is the only Physical Therapist in the Greater Rockford Area that is both Doctoral level and Fellowship trained. Paul has acquired dedicated training in differential diagnosis of pain conditions, manual therapy and manipulation of the spine and extremities, dry needling, and will concentrate treating the spine, shoulder, hip, headaches, TMJ Dysfunction, vertigo/dizziness, athletic injuries and general orthopedics. Paul is a senior instructor for the American Academy of Manipulative Therapy, teaching manual techniques and musculoskeletal differential diagnoses to his colleagues. He is an active member of the American Physical Therapy Association (APTA), the Illinois Physical Therapy Association (IPTA) and the American Academy of Orthopedic Manual Physical Therapists (AAOMPT).



ROCKFORD

Aaron Engel, MS, LAT, ATC is a certified athletic trainer providing lead services for Stillman Valley High School athletes. His interests include orthopedics, sports medicine, industrial rehabilitation, pre-employment screening and fit for duty testing. He is also certified in Fascial Movement Taping. Aaron completed his Bachelor of Science degree in Athletic Training from South Dakota State University in 1998, and earned his Master's Degree in Athletic Administration from Eastern Illinois University in 1999. He is an active member of the National Athletic Trainers' Association (NATA) as well as the Illinois Athletic Trainers' Association (IATA).

Meet Our Team



ROCKFORD

Lindsay Metcalf, MS, LAT, ATC, EMT is a Certified Athletic Trainer providing lead services for Winnebago High School athletes. She has a special interest in modern manual therapy techniques and is certified in the Graston Therapy® technique. Her other interests include industrial rehabilitation, pre-employment testing, and fit for duty testing. Lindsay holds the ImpACT® Trained Athletic Trainer credential (ITAT) as well, making her a leader in concussion management using the ImpACT® application software program. Lindsay completed her Bachelor of Science degree in Athletic Training at Aurora University in 2009, with minors in Physiology and Biology, and completed her Master of Science degree in Athletic Training at Illinois State University in May 2011. She obtained her Emergency Medical Technician (EMT) license in 2015.



BYRON

Drew Fitzanko, PT, CWT is experienced in the evaluation and treatment of sports-related and work-related injuries, balance disorders, ergonomic assessments, chronic pain syndromes, education and injury prevention programs and falls prevention programs. Drew also provides neurologic and vestibular rehabilitation for balance and dizziness disorders. He received his Bachelor of Science Degree in Physical Therapy from Northern Illinois University in 1998. Drew also holds the credential of Certified Weight Trainer (CWT). Drew is an active member of the American Physical Therapy Association (APTA) since 1996 and has formerly held office with Illinois Physical Therapy Association's (IPTA) North Central District.



**BYRON &
ROCKFORD**

Michael “Woody” Wood, PT, MPT specializes his practice in manual techniques and mobilizations for the spine. He is also experienced in the differential diagnosis of many different musculoskeletal conditions. Michael earned his Bachelor’s degree in Economics at the University of Iowa in 1992, leading him into management with a local gear manufacturer. Michael later returned to school and earned his Master’s Degree in Physical Therapy from Northern Illinois University in 2006. He serves as a guest lecturer for the Rock Valley Center for Learning and Retirement, the University of Minnesota’s Physical Therapy program, and the Northern Illinois Pain Resource Nurse Consortium. Wood is an active member of the American Physical Therapy Association (APTA).



DIXON

Devan McCulloch, PT, DPT earned her Doctorate of Physical Therapy Degree from Widener University (Pennsylvania) in 2013. She is a Northern Illinois native that has been practicing in our community since graduation, originally at a local rehabilitation hospital and now in out-patient physical therapy. She has since gained experience with a wide variety of diagnoses including neurological conditions, geriatrics, balance, movement dysfunctions, post-operative rehabilitation, orthopedics and through grad school took part in a specialty focus group for breast cancer physical therapy treatment techniques. Devan is also certified in LSVT therapy for patients battling Parkinson’s disease. She is dedicated to helping her patients achieve their goals utilizing many different treatment strategies including manual therapy, taping techniques, neuromuscular re-education, and functional activities.

Certified Specialists in Physical Therapy



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