

Travis Ross, DPT

Physical Therapist at ChristianaCare

Wilmington, DE, US

Travis Ross, DPT, is a physical therapist at ChristianaCare.

Biography

Travis Ross, PT, DPT is an outpatient orthopedic and sports Physical Therapist at ChristianaCare in Newark, Delaware since 2006 who has attracted national attention for trailblazing new types of therapy. He co-created the Core Sling System which has been used to prevent and reduce injuries by athletes across the country, including the Super Bowl champion Los Angeles Rams. This research has been published in The New York Times Well Section and as a cover story in the Philadelphia Inquirer Health Section. He also made a cameo appearance in the documentary series "Golden: The Journey of USA's Elite Gymnasts" on NBC's streaming channel Peacock TV, as he cared for the former World all-around champion gymnast Morgan Hurd.

Areas of Expertise

Active Release Techniques, Sports and Orthopaedic Rehabilitation, Injury Recovery, Physical Therapy, Injury Prevention, Core Sling System, Dry Needling

Education

University of Delaware

Doctorate Physical Therapy

University of Delaware

B.S. Exercise and Sports Science with a concentration in Exercise Physiology

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