

Nutrition can make a difference!



Nichole Thorp, PT, DPT is certified as a Nutritional Physical Therapist

The certification allows Thorp to add nutrition education to therapy services to maximize patient rehabilitation with goals of increasing speed of recovery and enhancing outcomes. Thorp can assess patients' diets and refer them on to additional nutritional counseling with more specific nutrition and dietary needs. The nutrition certification gives her the tools to provide evidence-based diet and food recommendations for select patients to optimize recovery, reduce pain, and alter inflammation. It also allows her to educate patients on the benefits and drawbacks to certain food choices and dietary plans.

For more information, or to make an appointment,
call: 402-729-6840

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