

Staff

Physical Therapy



Darin McCarthy, MSPT, OCS, Cert. DN - Physical Therapist / Orthopedic Clinical Specialist / Certified in Dry Needling



Darin holds a Master of Science in Physical Therapy from The University of Massachusetts-Lowell in 1996 where he was a recipient of the Clinical Excellence Award from the College of Health Professions. He received a Bachelor of Science in Exercise Physiology from The University of Massachusetts-Lowell in 1994 as well as becoming board certified as an Athletic Trainer. His over 25 years of training in orthopedics includes the Hospital for Special Surgery in New York City, Brigham & Women's Hospital in Boston, Ohio State University Medical Center and as an intern with the New England Patriots Football Team. Experience includes being a physical therapist in San Diego, California, where, for several years, he completed the majority of his extensive post-graduate training in manual therapy with an emphasis on TMD, spinal and sacroiliac dysfunction as well as sports injury rehabilitation. While in San Diego he was employed in outpatient orthopedics then serving as the director of outpatient services for a large multi-center orthopedic group before relocating back to Massachusetts. Darin is currently a board certified

Orthopedic Clinical Specialist (OCS). The specialist certification program was established to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice and to assist consumers and the health care community in identifying these physical therapists. He is also certified in Dry Needling through the Dry Needling Institute of the American Academy of Manipulative Therapy. Dry needling is a technique that involves superficial and deep needle insertion for the treatment of painful musculoskeletal and myofascial conditions. Dry Needling can also be used to release tight muscle bands associated with trigger points leading to decreased pain and improved function. Darin is a frequent guest-lecturer to the University of Massachusetts-Lowell's doctor of physical therapy program. Therafit also provides on-site labs for aquatic therapy to UML students as well. He is an active member of the American Physical Therapy Association in the orthopedic, private practice and aquatic therapy sections.



Erica Compagnone, DPT – Physical Therapist / Aquatic Therapy Director

Erica graduated with a Doctorate in Physical Therapy from the University of Massachusetts-Lowell in 2003. She received her Bachelor of Science in Exercise Physiology of the University of Massachusetts in 2000. Since her graduation, Erica has been part of the Therafit staff and is the director of aquatic therapy.

Erica's post-graduate coursework has been specialized in aquatic physical therapy and she is certified in the Burdenko Method levels 1-6. In her spare time Erica is a gymnastics coach.



John Dao-Tran, DPT, Cert. DN - Physical Therapist / Certified in Dry Needling



John graduated from Northeastern University in 2009 with a Doctor of Physical Therapy Degree. John also received his Bachelor of Science in Exercise Science from Northeastern University. He is an expert in treating a variety of musculoskeletal injuries and dysfunctions, particularly those affecting runners and triathletes. John joined the Therafit staff right after graduation in 2009 and for the past 9 years is also very passionate about, as well as participated in numerous advanced training on the spine. John is currently completing his post-graduate training through the American Academy of Manipulative Therapy on his way to becoming a certified spinal manipulative therapist. He is also certified in Dry Needling through the Dry Needling Institute of the American Academy of Manipulative Therapy. Dry needling is a technique that involves superficial and deep needle insertion for the treatment of painful musculoskeletal and myofascial conditions. Dry Needling can also be used to release tight muscle bands associated with trigger points leading to decreased pain and improved function. He is an avid outdoorsman who enjoys mountaineering, endurance races and competes in triathlons.



Danielle Philipp, DPT, Cert. DN - Physical Therapist / Certified in Dry Needling

Danielle earned her Doctorate in Physical Therapy from Franklin Pierce University in 2013. She earned a Bachelor of Science in Exercise Physiology from UMass Lowell in 2010. Danielle loves the spine and enjoys treating patients with a variety of musculoskeletal conditions. Danielle is currently taking post-graduate training through the American Academy of Manipulative Therapy. She has had extensive post-graduate training in foot and ankle injuries. Danielle applies her background in manual therapy skills as well as exercise into her treatments. She is also certified in Dry Needling through the Dry Needling Institute of the American Academy of Manipulative Therapy. Dry needling is a technique that involves superficial and deep needle insertion for the treatment of painful musculoskeletal and myofascial conditions. Dry Needling can also be used to release tight muscle bands associated with trigger points leading to decreased pain and improved function. Danielle loves working with children of all ages. In her free time she coaches youth cheerleading and follows NHL hockey.



W. David Fisher, PTA – Physical Therapist Assistant

David graduated from Newbury College in 1985 with an Associates Degree as a Physical Therapist Assistant. He has had over 30 years direct clinical experience in orthopedics and sports and has been employed with Therafit since 1989. David has taken significant coursework in manual therapy including spinal mobilization, muscle energy techniques, gait analysis, aquatic therapy and orthotics fabrication.



Cassandra Feeney, DPT, Cert. DN - Physical Therapist / Certified in Dry Needling

Cassie received her Doctorate in Physical Therapy from Massachusetts College of Pharmacy and Health Sciences in 2016. She received her Bachelor of Science in Motor Development Therapy from Bridgewater State University in 2012. She has experience in outpatient as well as skilled nursing facility care and has training working with those with Dementia. She is also certified in Dry Needling through the Dry Needling Institute of the American Academy of Manipulative Therapy. Dry needling is a technique that involves superficial and deep needle insertion for the treatment of painful musculoskeletal and myofascial conditions. Dry Needling can also be used to release tight muscle bands associated with trigger points leading to decreased pain and improved function. Cassie enjoys working with patients of all ages to reach functional goals that are important to them. Cassie treats her patients with orthopedic injuries using manual and traditional physical therapy modalities to give her patients the greatest care.



Courtney Myers, DPT, Cert. DN - Physical Therapist / Certified in Dry Needling

Courtney graduated from the University of Massachusetts-Lowell in 2015 with a Doctor of Physical Therapy degree. She also received her Bachelors in Exercise Physiology from the University of Massachusetts Lowell in 2012. Courtney's treatment philosophy places a heavy emphasis on individual, customized plans to meet the needs of each patient. She places a high level of focus on manual or 'hands on' interventions including soft tissue mobilization, instrument-assist soft tissue mobilization and cupping, with a combination of therapeutic activities and functional training, such as walking/running gait analysis and squat mechanics. Courtney is also certified in Functional Dry Needling through Kinetacore. Dry needling is a technique that involves inserting a very thin needle through the skin order to stimulate a trigger point and is used to release tight muscle bands associated with trigger points leading to decreased pain and improved function. Post-graduate work has also included Level 1 Cervical and Lumbopelvic Evaluation and Treatment through the North American Institute of Orthopedic Manual Therapy (NAIOMT) which placed a heavy emphasis on spinal evaluation and treatment.