

Dr. Molly McDonald PT, DPT, LMT

Education | Certification

- Doctor of Physical Therapy, Northeastern University, Boston MA, 2011.
- BS in Human Nutrition and Food, minor in Biochemistry, University of Houston, 2006.
- Certified Strength & Conditioning Specialist (CSCS), 2011.
- Massage License, Massage and Body Works, 2001.



Founder of YourGoalsPT

Specializations

- **Manual Therapy:** Utilizing hands-on techniques to improve joint mobility, relieve pain, and enhance overall function.
- **Prehab Strengthening and Rehab:** From preparation for joint replacement surgeries to providing comprehensive rehabilitation programs to aid recovery and rehabilitation.
- **Life and Sports Injuries:** Expertise in treating joint, ligament, disc, and muscle injuries caused by daily activities and sports-related injuries.
- **Running Mechanics:** Evaluating running form and mechanics to identify and address issues that may lead to injury or hinder performance.
- **Prenatal and Postpartum Strength and Conditioning:** Expertise before and after pregnancy. Guidance in maintaining fitness during pregnancy and helping new mothers regain strength while addressing postpartum musculoskeletal issues.

Philosophy | Style

With Dr. Molly's comprehensive skill set and commitment to delivering evidence-based care, YourGoalsPT strives to empower individuals to overcome challenges, regain function, and achieve their fitness goals.

Dr. Molly helps active adults overcome their aches and pains to get them back to their favorite activities without medications, injections, or surgeries. When problems like neck and shoulder, knee, or back pain start, it's tempting to think, "It'll go away if I just rest," or even pretend like it never happened. Unfortunately, the problem often festers, slowly worsening, impacting your lifestyle, and disrupting your happiness. The fastest way to get out of pain is to find the root cause. That way, you can create a personalized program to get you back on track for your fitness and health goals.



Call Molly at 832.276.7095