

Peak Physical Therapy announces new therapist at Hanover clinic

Peak Physical Therapy & Sports Performance announced that Cynthia Wisted has joined the group as a staff physical therapist at the Hanover clinic location.

A native of Minnesota, Wisted earned her undergraduate degree in kinesiology at the University of Wisconsin-Madison and her Doctorate in physical therapy at the University of Utah in Salt Lake City, graduating in 2011. She began her career working at the Mayo Clinic in Rochester, Minnesota, working in many disciplines including acute care, neuro rehab, pediatrics, emergency department, hemophilia, orthopedic outpatient, college and professional sports performance, and eventually finding an opportunity to work as a wellness physical therapist in the preventative medicine department at the Mayo Clinic.

Wisted was heavily involved in creating and developing half-day to week-long programs and



Cynthia Wisted. [COURTESY PHOTO]

classes as part of the Healthy Living Program. In January of 2016, Wisted boarded a plane to Bodrum, Turkey, to be part of a pilot team in launching an expansion of the Mayo Clinic and a partnership with Mandarin Oriental Hotel Group to deliver Destination Wellness Services on the Mediterranean. She continued to work in Turkey in the realm of fitness and wellness until the fall of 2018.

Now relocating back to the US and finding a new home in the Boston area, Wisted

will continue to work in an outpatient setting creating and offering physical therapy services that are targeted towards optimizing patients' holistic health and well-being. With a strong athletic background playing college hockey and competitive traveling soccer, running a number of marathons including the 2011 Boston Marathon, along with many other various sports, she will also work with athletes rehabilitating from injury as well as building the domain in sports performance and injury prevention

"We are pleased to welcome Cyndi to our practice. She is a lifelong dedicated athlete who has experienced injury, recovery and rehabilitation herself and she brings that unique perspective to her patient," said Eric Edelman, owner of Peak Physical Therapy & Sports Performance. "Cyndi is a great addition to our program at the Starland Sportsplex where we train, rehabilitate and practice preventative treatments athletes of all ages."

