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What Does a Kinesiologist Do?

Kinesiology is the study of human movement. A **kinesiologist** is a professional who studies and applies the science of **human movement** to help people improve physical function, prevent injuries, manage pain, and enhance performance.

Here are some of the things I do as a kinesiologist:

- **Assess movement** by evaluating posture, balance, flexibility, strength, and range of motion
- **Create exercise programs** to improve mobility, strength, endurance, or recovery after injury
- **Prevent injuries** by teaching proper movement techniques for work, sports, or daily activities
- **Support rehab** by helping people recover from injuries or surgeries, coordinate care via PTs
- **Manage chronic conditions** such as arthritis, diabetes, heart disease, or osteoporosis
- **Improve athletic performance** to optimize movement and reduce risk of injury
- **Promote overall wellness** by encouraging healthy lifestyle habits and physical activity

How is a kinesiologist different from a physical therapist?

Kinesiologists focus on movement, exercise prescription, injury prevention, fitness, and functional improvement. We work with healthy individuals as well as those with chronic conditions or recovering from injuries.

Physical therapists are licensed to diagnose and treat movement disorders, provide hands-on treatments (such as manual therapy), and rehabilitate complex injuries and medical conditions. Physical therapy is often ordered for acute recovery and is generally limited in duration by the ordering physician. Kinesiologists can then provide instruction for further exercise programming to return an individual to full activity and a healthy lifestyle.

If you have completed your course of physical therapy but would still like support to continue your recovery, a qualified kinesiologist can coordinate with your physical therapist to ensure continuity of your care.