



Biography

John Payne, PT, DPT, LMT, CMT

John is originally from Tampa FL and graduated with a BS in physical therapy from the University of Florida in 1977. He later completed his MHS and Doctorate in physical therapy from LSU School of Allied Health in Shreveport LA. He has also completed a six-month course in massage training, advanced training in soft tissue manipulation (Postural Integration) and two certifications in manual therapy. He has previously taught manual therapy for 13 years at LSU School of Allied Health in Shreveport LA, teaching doctorate students in physical therapy.

As both a licensed Doctor of Physical Therapy and massage therapist he is able to offer both services at "Fit For Life" in a complimentary manner to its mission of enhanced fitness and wellness.

During massage sessions, adhesions and restrictions that limit function and performance are addressed with soft tissue manipulation, stretching and massage. Improved postural alignment and biomechanics are a frequent outcome.

Similarly with physical therapy treatment, restoration of optimal function and posture and pain relief are pursued through the use of prescribed exercises, modalities, and spinal and extremity mobilizations.

John would be happy to assist you in achieving your health and fitness goals through the addition of massage and physical therapy.

John lives with his wife, and spends his spare time pursuing his interests of music, art and fitness.

