

Nathan Prissel, PT, DPT

Owner/CEO

15170 Chippendale Ave W
Suite 300

Rosemount, MN 55068

[\(507\) 200-8299](tel:(507)200-8299)

nathan@yourlibertypt.com

I decided to pursue a degree in physical therapy after realizing this was a unique field where I could gain the potential to help each and every individual that crosses my path. I earned my Doctorate Of Physical Therapy from the University of Wisconsin-La Crosse in 2016.

In the real world, I quickly noticed my colleagues going through caregiver burnout. This may be due to frustrations from lack of autonomy because insurance companies place themselves between the clinician and patient and attempt to dictate treatment parameters, or may be due to unsustainable productivity standards due to lack of reimbursement from these same insurance companies. Because of this, the physical therapy field is at a crossroads. I'm not the only one who sees it. I have joined like-minded therapists who want to be a part of the solution, regaining and restoring the love and attractiveness of the physical therapy profession.

I see the need to provide an alternative liberty-minded approach to your functional musculoskeletal health, one that puts you in the driver's seat. Not dictated by insurance companies or corporate mandates, I pride myself in truly partnering with you to formulate a treatment plan that best fits your needs. This includes listening to your goals, providing a treatment road map if appropriate, educating with easily understood explanations, and best yet, transparent up-front no-surprise pricing. In a day when trust is hard to come by, I know I have to earn it. I believe that honesty and transparency are the keys to success.

Whether it be through recreational sports, hunting/fishing, hiking with my wife and family, or doing projects around the house, I enjoy staying active. I strive to make exercise fun so that it is sustainable over my lifetime and hope to do the same for others.

I believe in treating my patients as if they were family and look forward to partnering with them through their rehabilitation process. With physical therapy, I have the privilege of forming meaningful relationships with individuals and at the same time get to help these same individuals recover from certain impairments or injuries. Though medication and other medical interventions have their appropriate applications, I am a firm believer in the truthful saying "an ounce of prevention is worth a pound of cure." Witnessing a patient transition from dependence on me for treatment to his or her own independence with their recovery is truly rewarding. With very few exceptions, our bodies are designed by God to heal. Knowing that I played a small role in that healing process is truly rewarding.

Outside of the physical therapy realm, faith in Jesus Christ as my Lord and Savior is most important to me. While respecting the beliefs of those around me, I strive to serve Him by spreading Christ's love through my interactions with others, knowing it is only by His grace we are saved. This passion has been solidified and continues to grow through my life experiences, doctoral studies, continuing education and current practice in physical therapy. I believe the countless intricate details of the human body point to an all-knowing creator. This leaves me in awe, reaffirming that we are all "fearfully and wonderfully made" Psalm

139:14.

I serve as a deacon at my local church and am organizing local, national, and global missions/outreaches. I also serve on the board of Biblical Israel Ministries and Tours.

Licenses, Specialties & Certifications

- Doctorate of Physical Therapy: UW-La Crosse, 2016
- Experience Focused in Outpatient Orthopedic & Sports Setting with Exposure to Inpatient and SNF
- Treatment Experience: Musculoskeletal, Vestibular/Vertigo, and some Neurological Impairments
- 1 Year Mentorship with a FAAOMPT: Manual Therapy Specialist
- APTA: Orthopaedic & Private Practice Section Member
- Build a Better Runner: Rehab, Prevention, and Peak Performance: Medbridge Certification
- Endurance Athlete: Medbridge Certification
- Lifestyle Medicine: Medbridge Certification
- Blood Flow Restriction Training Level 1 Certified
- Vestibular/Vertigo Continuing Education Courses
- Percussion Practitioner Course
- Former LSVT BIG Certified Specialist for Treating Patients with Parkinson's

