

AMY KENNEDY, PT, DPT



Doctoral Degree in
Physical Therapy,
University of Michigan,
Flint

Member of:

- APTA
- MPTA

Special Interests/Training:

- Women's Pelvic Floor Therapy
- Incontinence - Urinary & Fecal
- Biofeedback to Assess Muscle Tone
- Pelvic Pain
- Pregnancy & Post-Partum
- Manual Therapy Techniques
- Kinesiology Taping

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Amy Kennedy, PT, DPT received her doctorate degree in Physical Therapy from the University of Michigan – Flint in 2015. Prior to becoming a physical therapist, Amy spent eighteen years in the marketing field. During that time, some life-changing events occurred including having two children (who are adults now), losing their father to cancer in 2007, and losing her marketing job. This forced her to “look at life” and pursue a new career. With her family’s support, she was able to go to graduate school and address some of her personal health problems. Amy had a uterine prolapse or pelvic organ prolapse (POP) that she developed after the birth of her daughter in 2004. Amy attended pelvic floor physical therapy in 2012 that corrected her prolapse and the urinary incontinence that had come with it.

Amy now specializes in women’s health and pelvic floor physical therapy and credits her personal experience and knowledge with being so successful treating pelvic floor conditions such as prolapse, incontinence, pain, and constipation. Amy shares, “Pelvic floor therapy can address many conditions that many people are unaware of such as pain in abdomen or pelvic area, scar tissue management, and bladder and bowel problems, pain with intercourse.” Pelvic floor therapy was “life changing” for Amy and now, she is having much success with the specialized pelvic floor therapy she provides to her patients. “I’ve had patients with tears in their eyes telling me how much I have helped them, and that means the world to me,” stated Amy.

Amy is originally from Cupertino (Silicon Valley), California and moved to Michigan in 1999. Now remarried, she lives in Fenton. Amy is a practicing physical therapist out of our Grand Blanc clinic.



Part of the **Phoenix** family!