

Movement Evolved LLC

Movement Evolved LLC utilizes a different kind of physical therapy approach. Typically, physical therapy requires office visits 2-3x per week for several weeks in order to treat specific problems. Although this approach is widely used and generally successful, Dr. McConnell uses a different method with fewer visits and more of an emphasis on corrective and restorative movements based on detailed assessment.

Office visits are typically 2x per month (Sundays) for 60-minute one-on-one sessions. The goal of each session is to address primary concerns through manual therapy and exercise as well as develop a corrective exercise program with better movement habits. This allows for clients to become more independent sooner to correct dysfunction and decrease pain.

The initial evaluation is a 90 minute session at \$140 and each subsequent session is 60 minutes at \$90 per hour. Open communication at any time via phone or email with Dr. McConnell as well as detailed instructions for corrective exercise are included. Movement Evolved LLC does not accept any insurance; however, information is provided upon request for clients to submit independent claims that may be reimbursed by insurance. An additional cost of \$10 is applied when utilizing dry needling as part of treatment when deemed appropriate for the client.

Contact

If you are interested in scheduling an initial assessment or have questions, please do not hesitate to contact Dr. McConnell through one of the methods below.

Email: MovementEvolvedLLC@gmail.com

Phone: 484-589-0690

Biography

Dr. Aron McConnell is a Doctor of Physical Therapy (DPT), Certified Orthopedic Manual Therapist (COMT), and Certified Strength and Conditioning Specialist (CSCS). Additionally, he is an adjunct professor at Widener University's Institute for Physical Therapy Education. He graduated in 2005 from Towson University with a Bachelors of Science in Exercise Science and graduated in 2008 from University of Miami with his doctorate. Since that time he has worked in a variety of settings with a particular focus on orthopedics and restoring functional movement through manual therapy and exercise. In 2013, he launched his company, Movement Evolved LLC.

Dr. McConnell is a dynamic therapist with a passion for enhancing his clients' quality of life as well as an exceptional drive for higher education. He is constantly looking to hone his skills and utilize the most cutting edge, evidence-based practices when treating his clients. Doing so allows him to facilitate his clients' progress towards their personal goals more effectively and rapidly. His personal ideology of physical therapy is that each client should be treated with a custom-designed program based on an individualized assessment and the client's personal goals. He views this as a collaborative process with his clients and applies manual techniques, therapeutic exercise, and neuromuscular re-education to generate positive change for each person.

An advocate and practitioner of a holistic approach to wellness, Dr. McConnell regularly utilizes physical activity, healthy nutritional regimes, and emotional support systems to improve his own quality of life. He regularly treats his own injuries as well as participates consistently in a fitness program tailored to his own needs; he supplements these with an eye toward nutrition both to improve his health and to serve as a role model for his clients. He has been married to his life partner, Jen, since 2008, and they have two French Bulldogs and a Doberman Pinscher.