

PT Works, LLC – Physical Therapy & Wellness

Meet Dr. Selinda Shepherd, PT, DPT



With more than 23 years experience, Dr. Shepherd, owner of PT Works, LLC, is a highly trained Physical Therapist who specializes in quality personalized care related to manual therapy, orthopedic injuries and women's pelvic health. Dr. Shepherd received her Associate of Applied Science in Physical Therapy Assisting from the University of Cincinnati in 1999, and continued on to receive her Bachelor of Science degree in Liberal Studies from Neumann College in 2005. In 2008, Dr. Shepherd earned her Doctorate degree in Physical Therapy from Neumann College.

Individualized Care, Specializing in Treating Pelvic Health Conditions

At PT Works, LLC, Dr. Shepherd focuses on providing highly personalized, one-on-one care that effectively addresses your pelvic health needs, while also working to help you achieve your long-term wellness goals.



Contact Us:



215-528-9799



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www.mypptworksllc.com



43 West Main Street, Avon, CT 06001

We treat:

- Female Urinary Urge and Stress Incontinence
- Overactive Bladder (OAB)
- Interstitial Cystitis (IC) (Painful Bladder Syndrome)
- Pelvic Organ Prolapse
- Pelvic Pain
- Dyspareunia
- Constipation
- Pre/Post Natal Care

Please note: We do not accept any insurance plans at this time. We accept cash, check and most credit cards.