

# Eric “Indy” Henderson II

San Antonio, Texas | indyhenderson@ptxsa.com | 210.541.2856

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## Education

Institute for Athlete Regeneration    FAAOMPT, 2022

University of Mary Hardin-Baylor    Doctor of Physical Therapy, 2017

Baylor University                      Bachelor of Science - Exercise Physiology, 2015

## Certifications

Board Certified Orthopedic Clinical Specialist - 2022

Return to Running Specialist - 2021

Certification Dry Needling

- Level 1 ODNS 2018
- Level 1 IAMT 2023
- Level 2 IAMT 2021
- Level 3 IAMT 2023

## Clinical Experience

PTxSA

October 2024 - Present

Owner of PTxSA, a concierge, cash-pay clinic in San Antonio specializing in one-on-one care for athletes and active adults. Provide personalized, high-quality physical therapy services with a focus on performance optimization, injury prevention, and rehabilitation. Offering tailored treatment plans designed to meet the unique needs of each client, utilizing advanced techniques in joint mobility, movement performance, and muscle recovery. Dedicated to delivering convenient, results-driven care that maximizes patient outcomes.

Results Physiotherapy - East Nashville

August 2020 - August 2024

Full time physical therapist treating outpatient orthopedic and sports patients. Performing evaluation and treatments for a diverse population in age and injury.

Upstream Rehab Institute- Orthopedic Residency Faculty

October 2023 - August 2024

Mentored orthopedic clinical specialist residents in a hands-on clinical setting, offering guidance in advanced diagnostic techniques, treatment planning, and evidence-based practice. Provided ongoing feedback and support to enhance their clinical skills, decision-making, and professional development.

3D Physical Therapy

April 2018 - April 2020

Full time physical therapist treating outpatient orthopedic and sports patients. Performing evaluation and treatments for a diverse population in age and injury.

Parkland Hospital

February 2018 - April 2018

Worked as full-time physical therapist with outpatient orthopedic patients. Performed evaluations and treatments for a wide range of orthopedic conditions.

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## Professional Positions

Vice President - Nashville District TPTA

August 2020 - August 2024

## Research & Achievements

University of Mary Hardin-Baylor Scholar’s Day and Research Symposium Poster Presentation

“Effects of an Abbreviated Balance Training Program on Single-leg Static and Dynamic Balance Measures Using the Biodex Balance System Analysis”, November 2017

Eagle Scout awarded by Boy Scouts of America, October 2010

## Outreach

Habitat for Humanity Budget Coach - Spring 2022

Identify Inc, Guatemala Rehab mission trip - Fall 2022