

Carol Glasscock

Physical Therapist

Background

Carol is originally from Wyoming. She moved to Florida in 1993 as a traveling physical therapist. Carol opened her practice so she could be in more control of the quality of care patients could receive. At Fit For Life, she is able to continue to work with patients one-on-one for 60-90 minutes. There are no aides or assistants treating patients. After discharge from physical therapy, patients can join the health club and continue their program in a safe, supervised environment. Besides her role as a therapist, Carol is a fitness enthusiast and has been involved in that industry for over 16 years.

Education/ Experience

Carol received her Master's of Science Degree in Physical Therapy from the University of Colorado in 1992 and her undergrad degree from the University of Wyoming in 1989. She spent her first two years working in various settings including hospitals, nursing homes and outpatient clinics. Carol then spent the next nine years practicing in home health care and specializing in geriatrics. In March 2003, Carol started her own practice in addition to opening a health club.

Professional Organizations

Carol is a member of several professional organizations including: American Physical Therapy Association (APTA), APTA Section on Geriatrics, Senior Fitness Association and International Society for Aging and Physical Activity. She has first aid, CPR, weight training, and senior fitness instructor certification. Carol was honored in April 2002 by the APTA. Her business "Fit For Life" was highlighted in their national monthly magazine as a niche business in geriatrics. She has also been a poster presenter at the national APTA conference, on the topic of physical therapy implications for asthmatics.

Personal

Carol is married with one son and spends her spare time running, swimming, biking, traveling, gardening and reading. Her motto is "Keep Active and Have Fun!"

