



**Chris Leeuw**  
**2014 Walk to Cure Arthritis**  
**Medical Honoree**  
**Warsaw, IN**

Chris Leeuw earned his bachelor's degree in exercise science with a minor in adapted physical activity from Ball State University. He continued his education at Indiana University at Indianapolis and received his Doctorate in Physical Therapy in 2009. His post graduate education has consisted of several manual therapy courses and he obtained a certification in orthopedic manual therapy in 2013. He currently works for Indiana Physical Therapy which is an outpatient physical therapy clinic and enjoys treating a wide range of orthopedic and neurological conditions.

Chris has been employed by Indiana Physical Therapy for nearly 5 years as an outpatient orthopedic physical therapist. Chris treats a variety of patients with varying diagnosis on a daily basis. Arthritis is a common diagnosis experienced by many of these patients whether it is the primary or secondary cause of their symptoms. Physical therapy provides many services that can benefit individuals with arthritis such as manual therapy techniques like joint mobilizations, as well as therapeutic exercise (range of motion and strengthening) typically are most beneficial. Other treatments such as ultrasound, hot/cold packs, and electrical stimulation can provide some relief or comfort to individuals with arthritis as well.

When asked why he got involved with the Foundation Chris said, "I feel it is important to get involved with the Arthritis Foundation because I see individuals affected by arthritis everyday which can lead to decreased involvement in their daily activities and an increased risk of health problems due to inactivity." Chris continued, "Arthritis has also personally affected members of my family and my mother has had a total hip replacement and partial knee replacement. Currently my father is in need of a total knee replacement."

Chris' strong commitment to increasing awareness and finding a cure for arthritis, both professionally and personally, makes us thrilled to recognize him as the 2014 Walk to Cure Arthritis Medical Honoree.

**About the Arthritis Foundation**

The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.