



**Adam VanZile, PT, DPT, CSCS**  
**2014 Jingle Bell Run**  
**Medical Honoree**  
**Fort Wayne, IN**

Dr. VanZile grew up in Burlington, Indiana just outside of Kokomo. He attended high school at Carroll (Flora) Jr-Sr High School and graduated in 2005. He was a four-year varsity athlete in both baseball and football. He went on to his undergraduate studies at Manchester College (now Manchester University) and graduated with a bachelor's of science degree in exercise science, he was a three-year varsity athlete in football. Dr. VanZile completed his graduate studies at the College of Mount St. Joseph in Cincinnati, Ohio – graduating in 2012 with a doctorate in physical therapy.

Dr. VanZile practiced as a staff therapist at Wabash County Hospital in Wabash, Indiana for one year prior to his current full time position as clinic director of Integrity Physical Therapy in New Haven, Indiana, and as a part time staff physical therapist at Coventry Meadows Nursing Home.

He obtained his Certified Strength and Condition Specialist (C.S.C.S.) credentials through the National Strength and Conditioning Association. Dr. VanZile's clinical areas of interest are sports medicine, orthopedics and running athletes. He has specialized training in functional capacity evaluations (FCE's), Functional Dry Needling® (FDN), Graston Technique (ASTM) and Temporomandibular Joint Rehabilitation (TMJ).

Dr. VanZile has been married to his lovely wife, Alicia, for five years and they are expecting their first child! In his spare time, he enjoys hiking, traveling, golf, gardening and sports; his favorite teams are the Indianapolis Colts, Atlanta Braves and the Indiana Hoosiers basketball team.

Dr. VanZile's commitment to his patients and the community make us proud to recognize him as the 2014 Jingle Bell Run/Walk 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.