Dr. Stephanie Sipala

Physical Therapist



Dr. Stephanie Sipala is a New Jersey licensed Physical Therapist and received her Orthopedic Clinical Specialist (OCS) in 2011 through the American Board of Physical Therapy Specialties (ABPTS). She joined Total Health Associates in March 2015. Currently, Stephanie effectively evaluates, treats and educates patients using evidence based medicine.

In addition, she is trained in, but not limited to, the following: mulligan technique including mobilization, manipulation, and mobilization with movement techniques and myofascial release. Stephanie received a B.S. in Biology from Ramapo College of New Jersey in 2004, graduating in 3 years. In 2007, she received her Doctorate of Physical Therapy degree from Franklin Pierce College. Dr. Sipala is a member of the American Physical Therapy Association (APTA) and of the American Academy of Orthopedic Manual Physical Therapists (AAOMPT) since 2007. Understanding the importance of continuing education, she has attended many Physical Therapy conferences through both associations.