



# PERFORMANCE

PHYSICAL THERAPY OF IDAHO

**“EXCEEDING EXPECTATIONS”**

## **Matthew R. Candau, PT, DPT, MTC, MPhtySt.**

*Doctor of Physical Therapy*

*Certified Manual Therapist*

*Orthopedic Physical Therapist*

*Australian Board Certified Physiotherapist*



Matt has been involved with Sport Performance Training and Rehabilitation in the US and abroad for over 10 years. In 2011 he chased down his dream of becoming a Physical Therapist while attending one of the Worlds top Physical Therapy programs at The University of Queensland in Brisbane, Australia. After graduating, Matt continued his education by undergoing an additional year and a half of specialized training in Manual and Manipulative Therapy techniques. Prior to becoming a Physical Therapist, Matt had the privilege of working along side renowned Performance Trainer, Aaron Thigpen, where he was able to work with and train many of the nation's top NCAA and Professional Athletes. Aaron also acted as Matt's trainer while Matt was playing Rugby overseas in London and Australia.

Matt has had the unique opportunity to work with many NCAA, Professional and Olympic level athletes over the years both as a Performance Trainer and as a Physical Therapist. Through this experience, he has learned that the best outcomes come from a combination of Skilled PT intervention, constant communication between the therapist, patient and physician and a dedication to the customized rehabilitation program.

### **Professional Education**

- Doctor of Physical Therapy – Evidence in Motion School for Health Practitioners
- Master of Physiotherapy Studies- University of Queensland, Australia
- Bachelor of Science- Kinesiology and Rehabilitation Science, Health, Exercise Science and Lifestyle Management- University of Hawai'i at Manoa

### **Certifications**

- Certified Manual Physical Therapist
- Australian Board Certified Physiotherapist

### **Interests & Accomplishments:**

Matt is Australian educated and was trained in McKenzie, Maitland and Mulligan techniques by some of the fields leading researchers and practitioners.

Matt underwent an additional year and a half of hands on specialized training in different manual and manipulative therapy techniques and has developed

a special interest in working with overhead athletes, shoulder girdle and elbow injuries as well as specialized rehabilitation after Stem Cell and PRP injections.

Matt enjoys spending time with his wife, Emily, hunting, fishing and doing anything outdoors. Matt and his wife Emily currently reside in Boise, Idaho and are expecting their first child in July of 2018.

