



# Back to Action

## PHYSICAL THERAPY

*Advanced, one-on-one  
care for optimal health*



### Clinical Director, **Steve Mineker, P.T.**

Steve Mineker has been a Physical Therapist for over 19 years. He graduated from SUNY Buffalo with a BS in Sport and Exercise Science. He then went to Touro College in New York, where he obtained a BS in Health Sciences and an MA in Physical Therapy.

After graduation, he moved to Pennsylvania where he worked in an outpatient practice for nine years. In addition to being a staff physical therapist, he worked with the local high school during sporting events. He played an integral role in expediting the student athletes' return to their prospective sport via early treatment intervention. During these nine years, he also attended numerous continuing education seminars pertaining to advanced treatment techniques in orthopedic and sport-related injuries.

Steve then took a position at a local hospital in their Spine and Sports Medicine facility. He further developed his manual therapy skills and conducted staff in-services on some of these techniques. He held this position for another five years before deciding to come to the Rio Grande Valley.

He took a position with Valley Baptist Health System, where he was employed for four years. He worked in Harlingen, and was then given the responsibility of single-handedly running a satellite clinic on South Padre Island. He was later asked to open and run another satellite clinic in North Brownsville.

Steve realized he wanted to become more involved with decision-making about improving care for his patients, so he sought an opportunity with Back To Action Physical Therapy as a Physical Therapist and the Clinic Director. He has been able to more effectively treat his patients due to having better patient-therapist interaction. He encourages his patients to ask questions and loves to educate them and their family members on their injuries/ailments.