

Jeff Mestrich, PT



Jeff graduated from the University of Indianapolis in 2000, receiving his bachelor's degree in athletic training. In 2002, he received his master's of science in physical therapy at the University of Indianapolis.

Jeff obtained his doctorate of physical therapy from Andrews University in 2013. He is certified and licensed in athletic training. He also holds a certification in manual therapy through the North American Institute of Orthopaedic Manual Therapy. Jeff began his career at OrthoIndy in 2016. He is currently the senior physical therapist at OrthoIndy Westfield Physical Therapy.

His favorite thing about working at OrthoIndy is that he enjoys the opportunity to work closely as a team with our physicians and staff to achieve the best possible outcomes for each individual patient.

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