

“Concepts and Principles of Myofascial Release”

Steven Clark, PT, MHS, OCS

Steven R. Clark, PT, MHS, OCS is president of Adel Physical Therapy, Inc and is a practicing physical therapist at Clark Physical Therapy in West Des Moines, IA. He specializes in chronic pain management. He received his physical therapy degree from Mayo Foundation School of Physical Therapy and Master of Health Science degree from the University of Indianapolis. He became an orthopaedic certified specialist in 2001. Steven has extensive training in manual therapy including myofascial release, muscle energy, joint mobilization, strain/counterstrain and craniosacral therapy. He has taught multiple courses on these topics. His resume includes teaching orthopaedic interventions for 9 years at Des Moines University (formerly University of Osteopathic Medicine and Health Sciences).