



Midwestern University Therapy Institute

Your Family's Home for Healthcare

5815 West Utopia Road
Glendale, Arizona 85308
www.mwuclinics.com/az

For an appointment, call: 623-537-6000



Exceptional Physical Therapy Care

Our Midwestern University faculty Physical Therapists work to deliver the most up-to-date evidence-based care at affordable prices.

Orthopedic Conditions

- Back pain
- Neck pain
- Non-operative disc rehabilitation
- Rotator cuff rehabilitation
- Post-operative rehabilitation
- Arthritis
- Hip, knee, and ankle issues
- Shoulder and elbow issues
- Sports injury rehabilitation
- Regenerative rehabilitation - Plasma Rich Platelet (PRP), Prolotherapy, Bone Marrow Aspirate Concentrate (BMAC) procedures

Vestibular Conditions

- Benign Paroxysmal Positional Vertigo (BPPV)
- Persistent Postural Perceptual Dizziness (PPPD or 3PD)
- Mal de Debarquement Syndrome (MdDS)
- Vestibular Migraines (VM)
- Meniere's Disease
- Unilateral or Bilateral Vestibular Hypofunction (UVH/BVH)
- Dizziness/lightheadedness
- Post COVID dizziness/Long COVID

Chronic Conditions

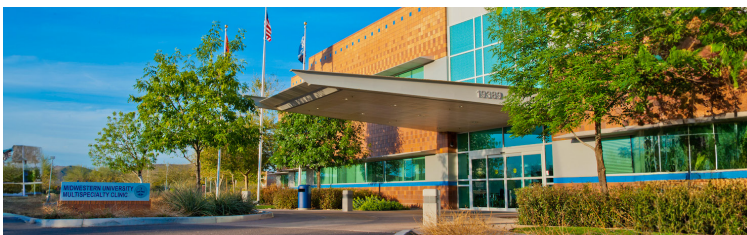
- Fibromyalgia
- Chronic spine pain (neck, low back)
- Osteoarthritis
- Ehler's Danlos and Generalized Hypermobility Syndromes
- Generalized Deconditioning/Weakness
- Osteopenia and Osteoporosis
- Autoimmune-related disability/deconditioning/pain

Gait and Balance

- Imbalance or unsteadiness
- Falls or near falls
- Post head injury, concussion, motor vehicle accident
- Post stroke, Cardiovascular Accident, (CVA), Transient Ischemic Attack (TIA)
- Chronic Fatigue Syndrome

What We Offer

- True one-on-one, personalized care with an expert faculty Physical Therapist – we do not employ technicians and we do not double-book appointments.
- Cutting-edge equipment, including Arizona's only CAREN (Computer Assisted Rehabilitation Environment)
- Dry needling
- Blood flow restriction therapy
- Board-certified specialists in Orthopedic and Geriatric Physical Therapy
- Collaborative environment with opportunities to partner with multiple health disciplines to provide personalized care for patients





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Meet Our Team of Expert Physical Therapists



Celeste Delap, PT, DPT

Dr. Celeste Delap received her Bachelor of Arts in Psychology and Philosophy from Knox College in Illinois and received her Doctor of Physical Therapy from A.T. Still University in Arizona. Dr. Delap is a board-certified Geriatric Clinical

Specialist (GCS) through the American Board of Physical Therapy Specialists. She is a certified clinical instructor, certified in vestibular rehabilitation, and certified in the Lee Silverman Voice Treatment (LSVT) BIG® program and the Parkinson Wellness Recovery (PWR) PWR!Moves® program for the treatment of people with Parkinson's disease. Dr. Delap has extensive clinical experience working in an outpatient setting with people who have balance, gait, and vestibular disorders. She optimizes patient care incorporating the Computer Assisted Rehabilitation Environment (CAREN).



Mark Kargela, PT, DPT

Dr. Mark Kargela is a Clinical Assistant Professor and Clinical Coordinator for the Midwestern University Physical Therapy Program and practices at the Therapy Institute. He received his Doctor of Physical Therapy degree from Grand

Valley State University in Michigan, earned his Orthopedic Clinical Specialization, and completed a fellowship in orthopedic manual physical therapy with Evidence in Motion. Dr. Kargela lectures nationally on chronic pain and incorporating modern science and current evidence-based best practices into physical therapy care and specifically into the care of those in chronic pain.



Josh Subialka, PT, DPT, DSc

Dr. Josh Subialka received his Bachelor of Arts in Health Sciences and his Doctor of Physical Therapy degree from the College of St. Scholastica in Duluth, Minnesota. He completed an orthopedic residency and became a board-certified

Orthopedic Clinical Specialist (OCS). Dr. Subialka completed a fellowship in orthopedic manual physical therapy with Upstream Rehab Institute (URI) and became a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). He completed his Doctor of Science in Physical Therapy (DSc) at Bellin College in Green Bay, Wisconsin, where he studied patient expectations and trial methodology of manual therapy for low back pain. Dr. Subialka has teaching, research, and clinical responsibilities for the Midwestern University Physical Therapy Program and works with students to provide holistic care to patients with a variety of musculoskeletal complaints.



Maggie Klausing, PT, DPT

Dr. Klausing received her Bachelor of Science in Health Sciences from the University of Miami in Coral Gables, Florida and her Doctor of Physical Therapy and Master of Science in Clinical Investigation (MSCI) from Washington University in St. Louis.

Missouri. She completed an orthopedic residency and became a board-certified Orthopedic Clinical Specialist (OCS). Dr. Klausing is an Assistant Clinical Professor in the Midwestern University Physical Therapy Program, responsible for treating patients at the Therapy Institute, mentoring students in their clinical education, and conducting guest lectures and clinical research. Her clinical experience has been centered around working with adults who have various orthopedic conditions in both private and hospital-based outpatient settings.