



**Saddleback Physical Therapy
&
Wellness Center**

Meet Our Therapists!

Glenn Gorman PT, DPT—Director

Doctor of Physical Therapy & Director of Physical Therapy



Glenn Gorman graduated with Honors from Saddleback College with dual Major Associate of Arts Degrees in Biology and Chemistry. He received his Bachelor of Science Degree in Physical Therapy from California State University Long Beach and went on to obtain his Clinical Doctorate Degree in Physical Therapy from Boston University. His clinical experience includes an extensive background in adult orthopedics, neurologically impaired patients, as well as Sports Medicine and pediatrics. Dr. Gorman is a member of The American Physical Therapy Association and has served as Associate Professor of Kinesiology at California State University Long Beach Physical Therapy department.

As a Physical Therapist with a background in Education, Dr. Gorman believes that both the patient and therapist enter into an agreement of equal responsibility for optimal patient care. Communication and compliance with individual programs is paramount for achieving the patient's desired goals. He believes in a combination of manual therapy, specific individualized therapeutic exercise, and home program for each patient in order to return to optimal function.

Dr. Gorman enjoys bicycle racing and has held a United States Cycling Federation Racing License. He also loves to play golf whenever time allows.

John Sims DPT, OCS

Doctor of Physical Therapy & Board Certified in Orthopedics



John Sims received his Bachelors of Science degree in Food Science and Nutrition from Chapman University where he also enjoyed playing football and running track. He later went on to receive his Doctorate of Physical Therapy degree from Chapman University. He recently received his Board Certification in Orthopedics from the APTA. His clinical experience includes extensive orthopedic internships focusing on manual therapy.

As a Physical Therapist with a background in sports and nutrition, Dr. Sims' goal is to restore normal function by creating an optimal healing environment for the body to overcome injury and illness. This is accomplished most effectively utilizing a combination of manual therapy, therapeutic exercise, modalities, and patient education. He believes personalized treatment programs are critical for his patients to maximize their outcome and accomplish their goals.

Dr. Sims enjoys surfing, mountain biking, basketball, and hiking. He particularly enjoys spending time with his family and friends - especially his wife, Jacqueline.