



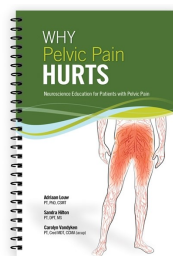
Dr. Sandy Hilton

Doctor of Physical Therapy

Contact Sandy at 773-747-4072 SandyHilton@gmail.com

Dr. Sandy Hilton has been a physical therapist for over 30 years and owns [Entropy Physiotherapy](#), a unique private practice in the heart of Chicago. She co-hosts [Pain Science and Sensibility](#) a podcast about pain that integrates science into practice with humor and critical thinking. Sandy is a published author, international speaker,

“Sandy is a world class clinician and shares her experience with humor in her courses! I was able to use the information for my patients, and for myself!”



Most Requested Keynotes and Courses

Pain, Science, and Pelvic Health

Worldwide, the cost of pelvic pain is rising and includes lost work, loss of activity, and loss of health. This course integrates the latest evidence on the treatment of pain with immediately applicable principles for treatment and self care. This course is full of pain-free manual therapy and movement.

Continence without Compromise

Jump, laugh, run, cough, and stay dry! A community course designed to keep women of all ages confidently engaged in exercise. No more always wearing dark pants or being tied to the bathroom.

Restoring Hope: A Path Through Pelvic Pain

Have you had to give up too much and still it hurts to sit, or wear fitted clothes, or maybe intimacy is out of the question. This course will cover the current knowledge of pain, how the immune system plays a role, and helpful things you can do to change your pain. Taught in conjunction with Erin Jackson of Inspire Sante, who brings the personal experience of recovering fun and fitness after pain.

“My pain was horrible and took from me everything I had worked for. I had lost hope before meeting Dr. Hilton. Now I’m back to work and back to running!”



Men's Health



PAINCLOUD
SCIENCE AND CLINICAL PRACTICE UNITED

NEXT APTA
Annual Conference & Expo

