



**Hey there. I'm Brian!**

Keep reading to learn  
more about me.



**FITREHAB**

**Brian Ivy, OTR/L, CHT, CPT, EIM**  
Board-Certified Upper Limb Specialist

After a decade in the healthcare and fitness industries and leading as the head occupational therapist at an orthopedic rehab clinic, I founded FitRehab to address the limitations of the traditional healthcare system. FitRehab bridges preventative, restorative, and adaptive approaches to physical wellness, offering clients the tools to manage minor aches before they escalate and strengthening their bodies for greater resilience. Whether dealing with musculoskeletal or neurological challenges, I merge my diverse experiences to help clients overcome physical and emotional hurdles, guiding them towards better health and wellness.

What sets me apart from other coaches is my extensive and specialized expertise in upper limb rehabilitation, underpinned by thousands of hours of hands-on experience and the prestigious Certified Hand Therapist (CHT) credential. This certification, highly esteemed among surgeons and rehabilitation professionals, highlights my advanced skills in providing accurate assessments, immediate care, and effective treatment, ensuring faster recovery times and reduced medical expenses for patients. My background also encompasses a master's degree in occupational therapy and a bachelor's degree in Sport and Exercise Science, along with certification as a personal trainer, allowing me to blend healthcare and fitness knowledge to deliver holistic, research-backed solutions.

# Education

## **Master of Occupational Therapy**

*Bay Path University, 2017*

## **Bachelor of Science: Sport and Exercise Science**

*University of Central Florida, 2014*

# Licenses and Certifications

## **Occupational Therapy State Licenses**

[Florida](#) , [North Carolina](#)

## **Registered Occupational Therapist (OTR)**

[National Board for Certification in Occupational Therapy](#), 2017

## **Certified Hand Therapist (CHT)**

[Hand Therapy Certification Commission](#), 2022

## **Certified Personal Trainer (CPT)**

[American College of Sports Medicine](#), 2013

## **Exercise is Medicine Practitioner (EIM)**

[American College of Sports Medicine](#), 2020

# Read from Past Clients

“Brian’s technical knowledge of human physiology is most impressive but is equally matched by his interpersonal skills which allows him to more fully understand his clients’ issues and motivations.” -

*Don*

"I LOVE it. I was showing people how I can actually fully reach above my head with my right arm today. I'm surprised to see how much improvement in so little time so I'm excited to keep going! The summary of each exercise is so helpful since it shows which muscles should be engaging or where you should feel the stretches." - *Gabby*

"My recovery process has been very successful thanks to Brian. Easy to work with, very professional, friendly, and caring." - *Hector*

"I am an avid hiker and also a registered nurse with foot and ankle issues. Brian has worked with my weaknesses and designed functional training workouts that kept my needs in the forefront." - *Kelly*

"He tailored the exercises to my needs and abilities and during the weeks working with Brian my strength and flexibility increased. I believe working with him has given me the skills I need for good workouts with the weights. At the completion of our sessions I could touch the floor in front of my toes." - *Joe*

"Brian was very knowledgeable and helpful in getting my wrist back to where it needed to be." - *James*

"5 Star - I had a pain in the palm of my hand and Brian traced it to an inflamed tendon to a finger, recommended getting these \$5 finger splints and after a week the pain has vanished - thanks!" - *O/vy*

"I worked with Brian to recover my hand and wrist after ligament surgery and I could not be more pleased with my progress!" - *Josh*

"Brian was very knowledgeable and always tried to explain what I needed to do in the easiest way possible." - *JP*