



***DPT, OCS, ATC, PHYSICAL THERAPIST***

## Meet Dr. Jacob Evanich

Dr. Jacob Evanich is a Performance Physical Therapist specializing in helping athletes and active adults with injury diagnosis, recovery from orthopedic injury, and maintenance work to limit injury risk and maximize sports performance. He has seven years of clinical experience in orthopedics, preceded by seven years of education in athletic training and physical therapy, which has helped him gain a wide variety of experiences in helping athletes, from youth to professionals, optimize their movement to be at their best while competing.

Dr. Evanich founded Optimize Physical Therapy and Sports Performance because he realized the need in the greater Jacksonville area for more elite and personalized physical therapy, especially for athletes. He looks forward to bringing this level of orthopedic care to JJVA athletes and ensuring that they can play the sport they love at a high level.

Jacob prioritizes learning to ensure his clients receive the best available care. He currently holds multiple certifications, including Orthopedic Certified Specialist (OCS) in physical therapy, Certification in Dry Needling (Cert. DN), Functional Movement Systems (FMS) Certified, Selective Functional Movement Assessment (SFMA) Certified, and OnBaseU certification.

In his free time, he enjoys boating, fishing, relaxing with family and friends, and spending time with his wife, Lissan, and son, Levi.