



BARBARA A. HELLER, DO

Board-Certified in Physiatry

Dr. Heller is a board-certified physical medicine and rehabilitation specialist who has focused on conservative care of spinal problems for over 23 years. Prior to her physician training, she worked as a licensed physical therapist in Wisconsin and Illinois. As a physical therapist at the Rehabilitation Institute of Chicago and the Milwaukee Zablocki VA Medical Center, she specialized in rehabilitation of patients and veterans suffering from spinal cord injuries.

Dr. Heller was able to earn her physical therapy degree from the University of Wisconsin, Madison while simultaneously participating on the university's volleyball team under an athletic scholarship. Next, she attended the Chicago College of Osteopathic Medicine and completed her residency at Rush Presbyterian St. Luke's Medical Center (now named Rush University Medical Center). She went on to complete further training with several of the foremost conservative care spinal doctors in the country, two of which are former presidents of the North American Spine Society.

In addition to her extensive experience in evaluating spinal problems, Dr. Heller has built her practice treating other areas of the body such as hips and shoulders. She has accumulated extensive skill in the practice of electro-physiologic diagnosis of nerve injuries and treatment procedures including lumbar spinal injections for alleviating pain.

The successful outcomes for Dr. Heller's patients stem from her interest in designing specifically tailored exercise/physical therapy programs for musculoskeletal problems. In addition to leveraging her physical therapy background for managing these conditions, she relies on her own experience as an athlete both past and present to provide insight to effectiveness.

Dr. Heller has been a member of the North American Spine Society since 1993 and a member of the American Academy of PMR since 1992.

To schedule an appointment, please call 630-967-2225.