

MEET OUR NEW PT

Now serving
Sun Lakes
community

Dr. Murphy McCarty PT, DPT



Authority
PT

480-485-7275

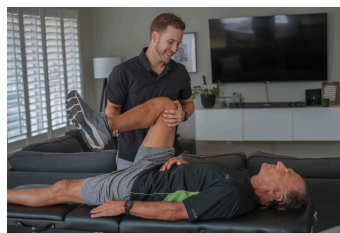


Tuesdays &
Thursdays
8:00 - 12:00
@ CWPV
Fitness
Activity
Center

Growing up in the Midwest taught Dr. Murphy grit, but there was an undeniable desire to seek adventure outside of his native Wisconsin. After graduating with his bachelor's in Exercise Science from Marquette U. in 2008, he set off to California for grad school where he met his wife Lisa. Their journey continued as PTs across 7 states before landing in Arizona. Living in the Valley has given Dr. Murphy a new appreciation for the outdoors, and he never takes a sunny day for granted. Now a father of two (Millie, 6 and Mace, 3), his children have brought the playground back into his life which inspires him to share that same spark of energy with his clients.

Authority PT was started in 2021 to better serve the healthcare needs of older adults by bridging the gap between rehabilitation and fitness. Dr. Murphy's unique background as both a personal trainer and physical therapist allows him to understand how each individual is built different, requiring a personalized approach to improving structure, function and quality of life. Starting out of his own garage gym, he realized that huge results could be achieved with a simple program and minimal equipment required. Dr. Murphy is passionate about challenging people to live optimally by moving better and building sustainable habits to enjoy life to the fullest. Whether you have an extensive health/injury history or are looking to take your performance to the next level, Dr. Murphy can help you reach your goals!

SERVICES OFFERED



PHYSICAL THERAPY

- Pre/Post-op Rehabilitation
- Pain Management
- Neuro Re-Education
- Balance & Fall Prevention
- Functional Mobility Training



FITNESS COACHING

- Strength & Conditioning
- Mobility/Flexibility
- Endurance
- Weight Loss
- Sports Performance



VIRTUAL PT

- Digital Programming
- Habit Tracking
- Daily Accountability
- Health Metric Analysis
- Longevity Education

SCHEDULE A FREE ASSESSMENT @ CWPV FITNESS CENTER



*In-Home visits
available upon
request

