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PHYSICAL THERAPY

*Advanced, one-on-one
care for optimal health*

Clinical Director

Erica R. Tyler, PT, DPT

Erica Tyler was born and raised in very upstate NY along the Canadian border. She attended the University of New York at Canton for undergraduate school, earning an associate in sciences, then a bachelor's in health services management with highest honors and was honored as the class's outstanding graduate. Erica then went on to earn her physical therapy doctorate from SUNY Upstate Medical University's physical therapy program in Syracuse, NY in 2009.

Soon after graduation, she moved to Del Rio, Texas and married her husband and fellow New Yorker, Thomas. Together, they have two amazing children who happily call Del Rio home.

Erica has been practicing physical therapy in Del Rio since 2009.

Erica is a member of the American Physical Therapy Association and has clinical experience in orthopedics, geriatrics, pediatrics, and sports therapy. She has a love of manual therapy, and neuromuscular reeducation. Erica enjoys patient interactions and strives to determine and then educate her patients on the underlying biomechanical issues contributing to their injuries. Erica enjoys working with everyone from children, to active-duty military, and retirees.

Erica has been working at our Del Rio Clinic since early 2020 and has taken over as the Clinic Director in 2022.