

About Us

Our Staff



Joseph L. Shine,PT, DPT, COMT Business Director, LaPlace Clinic

Joseph Shine is a licensed physical therapist and owner of Performance Physical Therapy and Rehabilitation Services. He has served on the Louisiana Physical Therapy Association and has so for the last 5 years with over 1000 members, and representing

Joe earned his Doctorate Degree in Physical Therapy from Evidence in Motion, his Physical Therapy Degree from Louisiana State University in New Orleans, and a Bachelor's degree from Nicholls State University. He has completed an intense two year residency in Physical Therapy with the Ola Grimsby Institute and has achieved a manual physical therapy certification. He specializes in sports related injuries, rehabilitation of the cervical and lumbar spine, and industrial related musculoskeletal injuries. He is considered an expert in Functional Capacity Evaluations and Post-Hire Pre-Placement Evaluations. He was appointed by the Governor to serve on the Governor's Council from 2012-2016, and served on several patient advocated boards.

Joe's past includes serving in the US Naval Reserves for 13 years, reaching the rank of Lieutenant Commander. While in the Navy, he attended Naval War College and Navy Supply Corps School, and served in the Persian Gulf during Desert Storm. Joe is from Louisiana and was a high school's State Championship team, played at Nicholls State University, and was a high school state finalist in wrestling. He enjoys wood work, hunting and lecturing on firearm education. Joe brings a very unique approach in working with his clients. His background in the field of physical therapy, his years of involvement in sports, his vast experiences in the local industry, and military his



Joseph L. Shine,PT, DPT, COMT Business Director, LaPlace Clinic

Matthew Shine,PT, DPTClinical Director, Mid City Clinic

Matthew Shine, PT, DPT is a Metairie native who graduated from Brother Martin in 2010 who aspired to be a Physical Therapist helping others. He began his journey by receiving a bachelor's degree in Kinesiology with a concentration of Sports Management. After completing his degree, he accomplished his goal of becoming a Physical Therapist by receiving his Doctorate of Physical Therapy from the University of Louisiana at Monroe in New Orleans.

Matthew is currently working on specialties in human movement, manual therapy, and becoming a board certified clinical orthopedic physical therapist (OCS). He is also a member of the Louisiana Physical Therapy Association and American Physical Therapy Association. He has a long therapy career with Performance Physical Therapy, which is his family run business, and has been treating patients with various conditions. He enjoys playing tennis, working out, and traveling with his family in his free time.



Matthew Shine,PT, DPTClinical Director, Mid City Clinic

Michelle A. Clark,Administrative AssistantOffice Manager, Laplace Clinic

Michelle A. Clark is a native and resident of St. John the Baptist Parish and graduated from East St. John High School. She has extensive experience working in the medical field and keeps our offices running smoothly. Michelle is married and has two children. She loves spending time with family and friends, making and selling a variety of crafts, listening to music, cooking, and traveling.



Michelle A. Clark, Administrative Assistant/Office Manager, Laplace Clinic

Megan Rome,Administrative AssistantMid City Clinic

Megan Rome is a resident of LaPlace who graduated in 2012 from East St. John High School. In 2014, she attended th an intern then graduated in 2015 from Medical Training College with an Associate's Degree in Dental Assisting. Meg 2021 to her fiancé Jeremy. In her spare time, Megan enjoys spending time with her friends and family, traveling to ne obsession.



Megan Rome, Administrative Assistant Mid City Clinic

Malik Matthews,Physical Therapy TechnicianMid City Clinic

Malik Matthews was born and raised in New Orleans. He attended Holy Cross and Edna Karr High School graduating back and went to a military college on a scholarship. He continued playing football and studied political science. After education at a military institution in New Mexico. Malik returned back to New Orleans with devotion to give back to many as he can and now here at Delgado to become a PTA. He enjoys long walks in the park and painting.



Malik Matthews, Physical Therapy Technician Mid City Clinic

Taylor Gioia,Physical Therapy TechnicianMid City Clinic

Update: Taylor has been accepted into Franciscan Missionaries of our Lady University in Baton Rouge and is set to graduate in 2023.

Taylor Gioia was born and raised in St. Bernard Parish, and graduated from Cabrini High School in 2015. Taylor's interest in physical therapy began at Cabrini High School, which is where her interest in physical therapy first began. She pursued a Physical Therapy education at University of Louisiana at Monroe, where she earned her bachelors degree of Kinesiology with a concentration in Exercise Science in 2019. Her interest in Physical Therapy led her to the Performance Physical Therapy family. She comes into work everyday with a big smile; eager and ready to work with patients. Taylor is currently attending Physical Therapy school with hopes of receiving her Doctorate in Physical Therapy.