



# Jen

## Physical Therapist

### **Q. What does Physical Therapy mean to you?**

A. Physical therapy is the specialty field of evaluation and treatment of movement dysfunction across the lifespan, which has the potential to affect overall wellness and functional ability. While the human body is highly resilient and adaptive, there are times that the mechanism selected by the body to protect itself may fall short of expectations. A skilled physical therapist can help you identify and correct such protections to help you be your best, most comfortable self!

### **Q. Why did you decide to become a Physical Therapist?**

A. I first encountered the field of physical therapy during my time in a Sports Medicine internship in the Athletic Training Room at UC Davis. I was immediately drawn to the prospect of having a career that involved solving complex biomechanical puzzles with tangible outcomes that had the potential to positively impact the lives of others.

### **Q. What do you hope clients gain from attending your Physical Therapy sessions?**

A. Empowerment. Managing pain is the initial goal during our physical therapy sessions. The ultimate goal for each and every patient is to leave knowing how to best manage any symptoms or limitations you may encounter in the road ahead. This deeper understanding allows you to make informed choices regarding your body, which leads to greater freedom with all that life has to offer. In the event that you need continued

guidance past your time in formal physical therapy sessions, I aim to be someone you feel comfortable reaching out to for input as well as referring family and friends to.

### **Q. Why are your Physical Therapy sessions special?**

A. Because they are all about you! Each physical therapy session is individualized to each patient at every step of the process, from evaluation and assessment to education and treatment. While there are expected physiological timeframes for tissue healing, I work with you to identify other physical and emotional health and lifestyle considerations that may impact our goals for treatment and adjust accordingly.

### **Q. How do you address holistic health in your life?**

A. I surround myself with positive and supportive influences, strive to make meals worthy of celebration, sweat at least once a day, and call home as often as possible.

### **Q. What is the one thing you think every person can do to improve their health?**

A. Breathe. It's amazing how beneficial a simple exhale can be for mental clarity, stress management, posture, and muscle relaxation.