



Sarah

Physical Therapist

Q. What does Physical Therapy mean to you?

A. Physical Therapy is a way of looking at the whole person in a holistic way to improve mobility and returning to prior level of activities. I love working with clients of all ages and abilities, but have a special interest in working with female athletes and postpartum women. As a mother I know how hard it can be to get back to prior activity level.

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

A. I have always had an interest in medicine and sports. Being a physical therapist allows me spend one on one time with people and really develop a relationship with each client so I can help them achieve their goals.

Q. What do you hope clients gain from attending your Physical therapy sessions?

A. I hope that clients gain confidence in their ability to return to activities without pain or dysfunction. I hope they leave the clinic with a better understanding of the body and how it works and have tools that they can use in the future to help stay active.

Q. Why are your Physical Therapy sessions special?

A. Each and every session I strive to provide quality one on one attention and address the patient's whole body using advanced manual therapy techniques and effective exercises. I really try to be present with each patient and really listen.

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

A. I am a strong believer in exercise whether it is a walk around Green Lake with my daughter or attending bootcamp classes. I also use acupuncture and massage on a regular basis to get my body back in sync.

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

A. Keep moving and smile often!