

Outpatient Rehabilitation Team

Hand Therapy ● Occupational Therapy ● Physical Therapy ● Speech Therapy



Hand & Upper Extremity Specialists

John Lewis, OTR, CHT



John has specialized in the evaluation and treatment of the hand and upper extremity at BCH since 1993. His experience includes traumatic and overuse injuries, post-surgical diagnoses and both static and dynamic splinting. John is adept at various manual therapy techniques and is up to date with current technological interventions. Over 25 years, he has developed an easy rapport with clients while helping to maximize their recovery. He finds great reward when helping people of all ages and all walks of life regain use of their hands and arms.

Originally from Illinois, John moved west for college and for his love of the outdoors. Favorite activities include camping with family and friends. He has 3 adult children—the oldest daughter finding her niche as a writer in Denver and 2 boys completing their studies in engineering and transitioning into the next phase of adulthood. John spends his free time hiking throughout the Rocky Mountains and mountain biking. He loves movies and dabbles in watercolors.

Education & Certifications

- Certified Hand Therapist. Hand Therapy Certification Commission (HTCC), 2001.
- Bachelor of Science in Occupational Therapy. Colorado State University, 1993.
- Bachelor of Science in Cognitive Psychology and Advertising Design. Utah State University, 1982.

Julie Stratmeyer, OTR, CHT



Julie has specialized in hand and upper extremity therapy for more than 20 years. Her experience has focused on post-traumatic orthopedic injuries and peripheral nerve involvement. She skillfully treats all ages with hand to shoulder issues. Julie is a Boulder native who grew up in the outdoors enjoying camping, running and hiking. She spends her free time seeking out adventures with her three boys and husband.

Education & Certifications

- Certified Hand Therapist. Hand Therapy Certification Commission (HTCC), 2009.
- Bachelor of Science in Occupational Therapy. Colorado State University, Fort Collins, CO, 1999.
- Bachelor of Science in Kinesiology. University of Colorado, Boulder, CO, 1990.

Occupational Therapists

Ann Brexa, OTR



Ann has 40 years of experience as an Occupational Therapist working in outpatient rehabilitation. For 18 years, she specialized as a Hand Therapist. Ann has extensive experience working with the neurologic populations of Traumatic Brain Injury, stroke and post-concussion. She performs Safe Driver Assessments for those interested in returning to driving after injury. Ann is also experienced in ergonomic assessments and return to work evaluations. She has a broad clinical background providing Occupational Therapy services for a variety of diagnosis. Ann is an avid skier and cyclist who has raised 3 active children and loves travel within and outside of the USA.

Education

- Bachelor of Science in Occupational Therapy. Colorado State University, Fort Collins, CO, 1979.

Karen Stanisich, OTR, CLT



Karen has over 30 years of experience as an Occupational Therapist and joined BCH's outpatient rehabilitation team in 1999. Karen received her Bachelor of Science in Occupational Therapy from the

University of Puget Sound in 1985. She became a certified Lymphedema Therapist through the Klose Training and Consulting Group in 2008. At the same time, Karen was certified in Jobst and Juzo measuring for garments. These certifications allow Karen to provide care to clients with lymphedema or peripheral edema. Other specialty areas include neurotrauma, stroke, cancer, and vision therapy. Outside of work, Karen enjoys photography, hiking, whitewater rafting, scrapbooking and travel.

Education & Certifications

- Certified Lymphedema Therapist. Klose Training and Consulting Group, 2008.
- Bachelor of Science in Occupational Therapy. University of Puget Sound, Tacoma, WA, 1985.

Sally Thomas, OTR



For the last 28 years, Sally has been employed at BCH specializing in pain, trauma and sensory processing dysfunction in adults. She treats a wide variety of diagnoses including, yet not limited to, fibromyalgia; chronic fatigue; Complex Regional Pain Syndrome; Ehlers-Danlos Syndrome; chronic neck, thoracic and lumbar pain; and a variety of auto-immune disorders that do not respond to traditional treatment and in which pain is unrelenting. She uses a wide variety of techniques educating patients in how to manage pain and overwhelm in the nervous system. These include sensory integration, therapeutic neuroscience, manual treatments, stress management and therapeutic exercise. For those people who struggle to manage pain and have daily functional limitations as a result, Sally's expertise can lead to significantly improved quality of life.

Education & Certifications

- Sensory Integration Certification. Sensory Integration International, 1984.
- Bachelor of Science in Occupational Therapy. Colorado State University, Fort Collins, CO, 1981.

Nancy Hillmer, OTR, MOT

Nancy began her career as an Occupational Therapist in 1982 in inpatient rehab. She has worked in a wide variety of settings with most of the time spent in home health care. Since 2008, she has specialized in Parkinson's Disease treatment. She helped initiate the BCH Home Care Parkinson's specialty team and the BCH wide Parkinson's task force. Five years ago, she partnered with Mary Richardson, PT, to create a Parkinson's exercise group at Boulder Community Health. Nancy maintains a strong presence in the Parkinson's community at large and has contributed to projects on local, state, and national levels. Her interests include hiking, rafting, traveling with friends and family, cooking, and most anything involving outreach to people with Parkinson's.

Education & Certifications

- PWR!Retreat Volunteer, Scottsdale, AZ. 2012-2016.
- National Parkinson's Foundation's® Allied Team Training for Parkinson's 2013.
- Parkinson's Wellness Recovery's (PWR!) Exercise4BrainChange® 2011.
- Lee Silverman Voice Treatment (LSVT®) BIG™ Certification. LSVT® Global, 2008.
- Proprioceptive Neuromuscular Facilitation, 2005.
- Master of Occupational Therapy. Texas Woman's University, Denton, TX, 1979.
- Bachelor of Arts in Art. Carthage College, Kenosha, WI, 1977.

Physical Therapists

Juli R. Booton, PT, Certified Balance and Mobility Specialist, Certified Tai Chi for Health Instructor



Juli has 35 years of experience as a Physical Therapist. She specializes in the treatment of orthopedic and sports injuries, including acute knee injuries, shoulder rotator cuff problems, and cervical, thoracic and lumbar dysfunction. Additionally, Juli conducts wellness classes for the neurologically involved client, arthritically challenged and for fall risk reduction. Juli is a certified Balance and Mobility Specialist and Tai Chi instructor. Outside of work, Juli enjoys mountain biking, skiing, playing with family and bible study.

Education & Certifications

- Orthopedic Excellence Certificate Program: The Spine. MedBridge, 2018.
- Certification in Functional Dry Needling. KinetaCore, 2015.
- Certified Tai Chi for Health Instructor. Consortium for Older Adult Wellness, 2013.
- FallProof™ Certified Balance and Mobility Specialist. Center for Successful Aging, since 2007.
- Masters of Science in Kinesiology. University of Colorado, Boulder, CO, 1993.
- Bachelor of Science in Physical Therapy. University of Texas Medical Branch, School of Allied Health Sciences, Galveston, TX, 1986.

Jeanette M. Burney, PT, MSPT, CMPT, RYT



Jeanette practices Physical Therapy with the intention to help her patients return to the activities they enjoy. She has earned multiple certifications as a manual physical therapist, yoga for osteoporosis, functional dry needling, strength and conditioning specialist, and prenatal/postpartum exercise instructor. Her practice focuses on male and female pelvic health and muscle and joint dysfunction in the spine and extremities. Patients gain a sense of empowerment to manage their symptoms, to increase strength and mobility and to return to their activities. Jeanette is truly committed to learning and professional development and continues to be fascinated by the complexity of the human body and motivated by her patients to learn. She has lectured in the Boulder community on incontinence, pelvic pain, prostate cancer, prenatal/postpartum exercise, osteoporosis and workstation evaluation. Outside the clinic, she teaches vinyasa and restorative yoga, workshops for yoga vs osteoporosis, and enjoys numerous outdoor adventures on foot, bike and skis with her husband.

Education & Certifications

- Certification in the Fishman Method of Yoga for Osteoporosis, 2019.
- Certification in Functional Dry Needling. KinetaCore, 2018.
- 500 Hour Yoga Teacher Certification, 2014.
- 200 Hour Yoga Teacher Certification, 2011.

- Certified Manual Physical Therapist. North American Institute of Manual Therapy, 2010.
- Moms in Motion Pre/Post Natal Exercise Certification, 2001.
- Certified Strength and Conditioning Specialist. National Strength and Conditioning Association, 1997.
- Masters of Science in Physical Therapy. Boston University, Boston, MA, 1992.
- Bachelor of Science in Psychology. Bates College, Lewiston, ME, 1987.

Professional Associations

- American Physical Therapy Association
- Yoga Alliance

Cathy Fraser, PT



Cathy graduated from the University of Sydney (Australia) in 1988 with a Bachelors of Applied Science in Physiotherapy. In 1998, she received a Graduate Diploma in Manipulative Therapy from the University of Sydney. She has worked in numerous settings including acute care, rehab, orthopedics and outpatient therapy. Cathy joined BCH in 1999. She worked for 16 years in the sports medicine department and in 2015 she joined the Outpatient Rehabilitation team.

For the past 20 years, her focus has been outpatient orthopedics. Cathy's skills include trigger point dry needling, manual therapy and functional exercise. She has extensive experience in evaluating and treating all spinal conditions, whiplash, shoulder injuries, hip injuries and knee injuries. She has wide experience with degenerative orthopedic conditions as well as acute orthopedic diagnoses. Cathy has rehabilitated a wide variety of post-operative conditions including hip, knee and shoulder replacement, ACL reconstruction, rotator cuff repairs, labral repairs of the hip and shoulder, and spinal fusions. She has worked with all age groups from teens to older adults.

Over the years, Cathy has been a lifelong learner, completing many continuing education courses. Her philosophy when treating patients is to treat everybody with respect and actively engage them in the rehabilitation process. Her goal, when possible, is to return patients to the activities that they love doing. When not at work, Cathy enjoys taking care of her 2 kids, dog, cat, 2 horses and husband.

Education & Certifications

- Certification in Functional Dry Needling. KinetaCore, 2009.
- Graduate Diploma in Manipulative Therapy. University of Sydney, Australia, 1998.
- Bachelor of Applied Science in Physiotherapy. University of Sydney, Australia, 1988.

Cathy Holland, PT, MPT (Therapy Manager)



Cathy Holland is a manager of BCH's Outpatient Rehabilitation team. Cathy began her Physical Therapy career 27 years ago at National Rehabilitation Hospital (NRH) in Washington, D.C. where she worked with

both inpatients and outpatients with neurologic and orthopedic involvement. She focused on the rehabilitation of clients with spinal cord injuries, strokes, lower extremity amputations, multiple trauma injuries, arthritis and other complex musculoskeletal problems. At Boulder Community Health since 1998, Cathy is honored to work with an interdisciplinary team with tremendous depth to offer high quality, comprehensive, evidence-based rehabilitation and wellness services to the community. A positive patient experience and optimal functional outcomes are a daily goal. Outside of work, Cathy enjoys the great outdoors and time with her husband and 3 sons.

Education

- Masters of Physical Therapy. University of Delaware, Newark, DE, 1994.
- Bachelor of Arts in Biology. University of Virginia, Charlottesville, VA, 1992.

Professional Associations

- American Physical Therapy Association

Nicole Hugus, PT, DPT, CSRS



Nicole moved to Colorado in 2011 and began working for Boulder Community Health in the acute and inpatient rehabilitation settings. In 2013, she joined the outpatient rehabilitation team. In 2016, Nicole became a preeminent stroke clinician through completion of a rigorous set of courses and an examination culminating in the nationally recognized credentials of CSRS (Certified Stroke Rehabilitation Specialist). Also in 2016, she became dry needling certified. Nicole received her Doctorate of Physical Therapy from the University of Central Florida. During her coursework, she focused on fall prevention for seniors, specifically those who had suffered a stroke. Interests include stroke rehabilitation, vestibular dysfunction, neurotrauma and shoulder dysfunction. Nicole is skilled at incorporating balance, coordination, agility and core strengthening into treatment sessions when appropriate. She believes in a proactive approach wherein education is vital to rehabilitative success and the overall health and safety of a patient. In her spare time, Nicole loves to explore the great outdoors.

Education & Certifications

- Certification in Functional Dry Needling. KinetaCore, 2017.
- Doctorate of Physical Therapy. University of Central Florida, Orlando, FL, 2011.
- Bachelor of Science in Psychology. Florida State University, Tallahassee, FL, 2002.

Professional Associations

- American Physical Therapy Association

Jennifer Lieb, PT, CLT



Jennifer has 25 years of experience as a Physical Therapist. Jennifer's specialties include breast cancer rehabilitation, lymphedema, Pilates and orthopedics. Advanced certifications include Certified Lymphedema Therapist, Lymphology Association of North America and Certified Pilates Instructor. Outside of work Jennifer enjoys spending time with her family, running with her dogs, traveling and practicing martial arts.

Education & Certifications

- Certification in Functional Dry Needling, KinetaCore, 2019.
- Certified Lymphedema Therapist. Klose Training and Consulting Group, 2014.
- Certified Practitioner of Pilates Rehabilitation. Polestar Pilates, 2004.
- Masters of Science in Physical Therapy. University of Colorado Health Sciences Center, Denver, CO, 1996.
- Bachelor of Science in Kinesiology. University of Colorado Boulder, Boulder, CO, 1993.

Maureen Pelsmaeker, PT



Maureen has more than 30 years of experience as a Physical Therapist. She has a background in kinesiology and published research in muscle physiology. She has worked in a variety of settings including acute care, inpatient rehabilitation, pediatrics and outpatient rehabilitation. She has expertise in spinal disorders and general orthopedics. She has rehabilitated a wide variety of post-surgical orthopedic conditions (e.g. joint replacements and rotator cuff repairs), along with neurological conditions. Maureen has been certified in trigger point dry needling since 2009. She completed her certification in vestibular rehabilitation in 2015 and works with patients with balance, concussion and vestibular disorders. Maureen has always been passionate about learning, and continues to update her skills and stay current on research in the field. She believes in a holistic approach to patient care and views therapy as a team approach with each patient. Outside of work she enjoys her family and has a passion for travel, skiing and the outdoors.

Education & Certifications

- Certification in Functional Dry Needling. KinetaCore, 2009.
- Master of Science in Physical Therapy. Hahnemann University, Philadelphia, PA, 1987.
- Bachelor of Science in Kinesiology. UCLA, Los Angeles, CA, 1982.

Mary Richardson, PT, MSPT, Certified Balance and Mobility Specialist



Mary has 23 years of experience as a Physical Therapist. She joined BCH's outpatient rehabilitation team in 2002. In 2005, she completed a 3 month intensive training program to become a certified FallProof™ instructor. Mary's specialty areas include orthopedics (both spine and extremities), women's health, neurotrauma, Parkinson's Disease, balance and fall risk reduction, headaches, craniosacral therapy and the treatment of Spanish speaking clients. In addition to providing individual therapy services, she

teaches FallProof™, a balance and mobility class, and PWR!Moves™, an exercise class specifically designed for people with Parkinson's. Outside of work, Mary enjoys mountain biking, telemark skiing, camping and family time.

Education & Certifications

- Certification in Functional Dry Needling. KinetaCore, 2017.
- FallProof™ Certified Balance and Mobility Specialist. Center for Successful Aging, since 2007.
- Masters of Science in Physical Therapy. University of Colorado Health Sciences Center, Denver, CO, 1996.
- Bachelor of Science in Geology. Colorado State University, Fort Collins, CO, 1985.

Suzanne Segalowitz, PT, MSPT



Suzanne began her career at Spaulding Rehabilitation Hospital in Boston working primarily with patients with neurologic involvement including brain injury, stroke and SCI. In 2012, she obtained Neuro-IFRAH certification to expand treatment options for patients with hemiplegia. Suzanne is also experienced and skilled in the treatment of vestibular dysfunction. In addition to her neurologic focus, she has treated a wide array of orthopedic issues, incorporating trigger point dry needling when appropriate. As the BCH Outpatient Rehabilitation wheelchair seating and mobility specialist, Suzanne offers a seating and mobility clinic during which she works closely with clients and vendors to optimize seating and functional mobility. Outside of work, Suzanne enjoys hiking, cycling, running and climbing.

Education & Certifications

- Certification in Functional Dry Needling. KinetaCore, 2015.
- Neuro-IFRAH Certification in Treatment and Management of Adults with Hemiplegia from a Stroke or Brain Injury. Neuro-IFRAH Organization, 2012.
- Masters of Science in Physical Therapy. University of Connecticut, Mansfield, CT, 2009.
- Bachelor of Science. University of Connecticut, Mansfield, CT, 2008.

Brandy Whitney, PT, DPT, CLT, CMT



Brandy's specialty areas include oncology rehabilitation (post breast reconstruction, lumpectomy, radiation, and chemotherapy), neurotrauma, vestibular dysfunction, orthopedic injuries and soft tissue techniques. Brandy is an active participant in BCH's Breast Cancer Team Conferences and provides educational outreach through community lectures. Advanced certifications include Board-Certified Clinical Specialist in Oncologic Physical Therapy, Certified Lymphedema Therapist and Trigger Point Dry Needling Level 2. Outside of work, Brandy enjoys telemark skiing, cycling, running, and cooking.

Education & Certifications

- Board-Certified Clinical Specialist in Oncologic Physical Therapy. American Board of Physical Therapy Specialties, 2019.
- Doctorate of Physical Therapy. University of Nevada, Las Vegas, NV, 2014.
- Certification in Functional Dry Needling. KinetaCore, 2012.
- Certified Lymphedema Therapist (Upper Extremity). Klose Training and Consulting Group, 2012.
- Masters of Science in Physical Therapy. University of Nevada, Las Vegas, NV, 2002.
- Certification in Massage Therapy. Massage Therapy Institute of Colorado, Denver, CO, 1992.
- Bachelors of Science in Exercise Sport Science. Colorado State University, 1991.

Professional Associations

- Board of Directors for PIMA's Physical Therapy Assistant Program, Westminster, CO.

Joanna Zimmelman, PT, CLT



Joanna has 27 years of experience as a Physical Therapist and joined BCH's outpatient rehabilitation team in 2000. She received her Bachelor of Science in Physical Therapy from West Virginia University in 1994 and worked in a variety of settings prior to joining BCH, including inpatient rehabilitation, outpatient rehabilitation and private practice. Joanna became a certified Lymphedema Therapist through the Klose Training and Consulting Group in 2015 and a PORi-Certified (Physiological Oncology Rehabilitation Institute) Head and Neck Cancer Rehabilitation Therapist in 2018. She is a founding member of BCH's interdisciplinary Head and Neck Cancer team. Additional areas of focus include general oncology, lymphedema management and orthopedics. Joanna received training from the renowned Mariano Rocabado for treatment of TMJ dysfunctions and headache management. Outside of work, she enjoys jogging, hot yoga, music festivals, and time with her family.

Education & Certifications

- Certified Head and Neck Cancer Rehabilitation Therapist. PORi, 2018.
- Level 1 Certification in Functional Dry Needling. KinetaCore, 2018.
- Certified Lymphedema Therapist. Klose Training and Consulting Group, 2015.
- Bachelor of Science in Physical Therapy. West Virginia University, 1994.

Publications

- Miller, NH, Miller, DJ, Goldberg (Zimmelman), JL, Physical Therapist Examination, Evaluation and Intervention for a Patient with West Nile Virus Paralysis, Journal of American Physical Therapy Association, 2006, Vol 86, No. 6, pp. 843-856.

Speech Therapists

Michelle Becker, MS, CCC-SLP



Michelle has over 25 years as a speech-language pathologist working with adults in the areas of speech, language, cognitive/communicative, and swallowing disorders. Her interest in the medical field began when she became a certified nursing assistant in high school and as an activity assistant in skilled nursing facilities during her college education. She received her Master of Science in Communicative Disorders from the University of Wisconsin – Milwaukee in 1991. She has experience working with adult population in the acute care, inpatient and outpatient rehabilitation settings, home health care, and skilled nursing facilities. She is certified as a VitalStim provider for swallowing therapy, as well as has been certified in the Lee Silverman Voice Treatment LOUD method for individuals with Parkinson’s disease. She has been a guest lecturer regarding the speech-pathology profession at Metropolitan State in Denver to students in the undergraduate program, as well as has presented at Boulder Senior Law Day regarding aging and cognition. She describes patient and family education as the backbone of her therapy approach.

Education & Certifications

- Master of Science, Communication Sciences and Disorders. University of Wisconsin – Milwaukee, 1991.
- Bachelor of Science in Secondary Education/Communication Disorders. University of Wisconsin – River Falls, 1989.
- Certification in VitalStim®: Neuromuscular Electric Stimulation (NMES). CIAO Seminars, 2006.
- Lee Silverman Voice Treatment (LSVT®) Loud Certification. LSVT® Global, 2012.

Professional Associations

- Member of American Speech-Language-Hearing Association (ASHA) with Certificate of Clinical Competence (CCC).
- Member of ASHA Special Interest Groups in Neurogenic Communication Disorders, Swallowing & Swallowing Disorders (Dysphagia), and Gerontology.

Karen Brady, MS, CCC-SLP



Karen has been with Boulder Community Health since 2012 and has over 10 years of experience as a speech-language pathologist. Her primary areas of focus are serving those who are recovering from brain injuries, strokes, and head and neck cancer, people with Parkinson’s Disease, and those with voice and swallowing impairments. She has experience working with adult populations in the acute and inpatient rehabilitation settings, as well as pediatric populations in both early intervention and clinic settings. She is both Vital Stim and LSVT certified, and is a PORi-Certified (Physiological Oncology Rehabilitation Institute)

Head and Neck Cancer Rehabilitation Therapist with specific proficiency with manual trigger point and lymphatic drainage techniques. She is a founding member of BCH's interdisciplinary Head and Neck Cancer team. She was introduced to the field through music and singing and has facilitated choirs for people living with aphasia. She believes in a compassionate, holistic approach with her patients, and prioritizes education for success. Outside of work, she enjoys family, music, and active adventures.

Education & Certifications

- Certified Head and Neck Cancer Rehabilitation Therapist. PORi, 2018.
- Certification in VitalStim®: Neuromuscular Electric Stimulation (NMES). CIAO Seminars, 2013.
- Master of Science, Speech Pathology and Audiology. California State University, East Bay, Hayward CA, 2012.
- Lee Silverman Voice Treatment (LSVT®) Loud Certification. LSVT® Global, 2011.
- Bachelor of Arts, Radio and Television. San Francisco State University, San Francisco, CA, 2003.

Professional Associations

- Member of American Speech-Language-Hearing Association (ASHA) with Certificate of Clinical Competence (CCC).

Katie Carlson, MA, CCC-SLP



Katie received her Masters degree in Speech-Language Pathology from California State University, Chico in 2001. She has worked in acute, inpatient rehabilitation, and outpatient rehabilitation settings since that time. She did a year of travel therapy and settled in Colorado in January of 2015. Katie started working with Boulder Community Health at that time. Her areas of service include patients with head and neck cancer, swallowing difficulties, and cognitive deficits. She is certified in the Modified Barium Swallow Impairment Profile (MBSImp) and is a PORi-Certified (Physiological Oncology Rehabilitation Institute) Head and Neck Cancer Rehabilitation Therapist.

Education & Certifications

- Certified Head and Neck Cancer Rehabilitation Therapist. PORi, 2019.
- MBSImp Certified Therapist. Northern Speech Services, 2015.
- Masters of Arts in Speech-Language Pathology. California State University, Chico, 2001.
- Bachelor of Arts in Speech-Language Pathology and Audiology. Northern Arizona University, Flagstaff, AZ, 1998.

Professional Associations

- Member of American Speech-Language-Hearing Association (ASHA) with Certificate of Clinical Competence (CCC).

Bethany Firstbrook, MA, CCC-SLP



Bethany received her Masters degree in Speech-Language Pathology from the University of Maryland in 2010. She traveled as a speech-language pathologist for 3 years across Maryland, Texas, and Colorado, and has worked in a variety of settings with patients of all ages. Bethany joined the BCH Outpatient Rehabilitation and Acute Care teams in 2018. Currently, her primary areas of focus are serving patients with head and neck cancer, brain injuries, and swallowing impairments. She is a certified VitalStim® Provider and a PORi-certified Head and Neck Cancer Therapist.

Education & Certifications

- Certified Head and Neck Cancer Rehabilitation Therapist. PORi, 2018.
- Certification in VitalStim®: Neuromuscular Electric Stimulation (NMES). CIAO Seminars, 2014.
- Masters of Arts in Speech-Language Pathology. University of Maryland, College Park, MD, 2010.
- Bachelors of Science in Speech-Language Pathology and Audiology. Towson University, Towson, MD, 2008.

Professional Associations

- Member of American Speech-Language-Hearing Association (ASHA) with Certificate of Clinical Competence (CCC).