

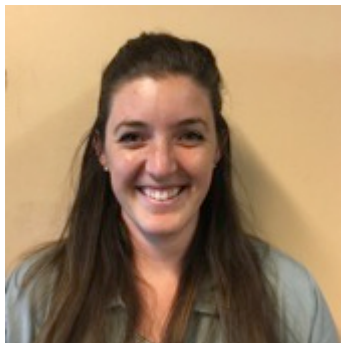
## Golden Physical Therapy Team



**Adam Bahnson, PT, DPT, ATC** - Adam graduated from nationally top ranked University of Pittsburgh with a BS and an Athletic Training Certification (ATC) in 2004 and a Doctor of Physical Therapy (DPT) in 2007 both with honors. Adam has also continued to progress in his professional education and development receiving a level two Dry Needling Certification in 2011. Adam specializes in a wide variety of orthopedic pathology and utilizes manual and evidence based practice treatment approaches to maximizing outcomes and recovery.



**Kaitlyn Bailey, PT, DPT** - Kaitlyn earned her Doctor of Physical Therapy degree in 2016 from The University of Toledo, with capstone clinical and research experience in Parkinson's disease and Women's Health. She received a BS in Applied Health Science from Bowling Green State University in 2013. Kaitlyn's personal background as a competitive gymnast, and current participation in yoga and rock climbing give her a strong foundation for whole-body rehabilitation, utilizing manual therapy and individualized exercise prescription to facilitate recovery and to prevent future injuries.



**Lara Baum, PT, DPT** - Lara graduated from University of Colorado in 2015 with her Doctorate of Physical Therapy, and has been a member of Panorama's team since spring of 2018. Lara enjoys working with all orthopedic conditions, but specializes in lower extremity injuries in athletes. She is certified in Functional Dry Needling and utilizes the Selective Functional Movement Assessment to identify biomechanical and neuromuscular dysfunctions in her patients.



**Mitzy Burden, PT, MSPT** - Mitzy is a graduate of University of Tennessee, Memphis in 2002 with a Masters in Physical Therapy. Her vast work experience includes sports related injuries of school aged to professional athletes, as well as total joint replacements and other joint surgeries.



**Katie Carbiener, PT, DPT** - Katie received her DPT from the University of Colorado. Her undergraduate degree in Kinesiology and Biology was earned at Longwood University in Virginia where she also played DI lacrosse. Currently, she pursues her passion of running and enjoys the outdoor recreation CO has to offer from fly fishing, cycling, to mountaineering and climbing. Katie has special interests in gait analysis, sports med and other orthopedic conditions. Her primary philosophy is to empower her patients with the knowledge to better move and use their bodies to reach their personal goals. She is certified in Functional Dry Needling.



**Bernard Condevaux, PT, SCS, CSCS** - A 1987 Wayne State University graduate from Detroit, Bernard has been practicing in outpatient orthopedics since 1988 with significant experience in sports. He was therapy consultant for the Colorado Rockies 1993-2000, and with the Colorado Avalanche from 1995-2003. He has extensive experience in cycling: He has worked with USA Cycling since 1995 with his primarily in mountain biking, as well as road, track, cyclocross, and BMX disciplines. He has been a member of the US Olympic Sports Medicine Team at the 2003, 2007, 2011, and 2015 Pan American Games, and the 2004, 2008, and 2012 Olympic Games. He is a Board Certified Sports Clinical Specialist (SCS) and a Certified Strength and Conditioning Specialist (CSCS). Bernard enjoys treating shoulders, knees, spine and foot/ankle, as well as sports injuries.



**Liz Erickson PTA, LMT** - Liz has worked in outpatient orthopedics for over 19 years, obtaining her AS in Biology at Red Rocks and AAS in Physical Therapist Assistant at Arapahoe Community College. As an assistant to all the PT's she must be well versed in the treatment of all types of injuries and surgeries. She enjoys working with patients that have had total joint replacements the most. She feels her expertise in soft tissue work (she is also a licensed massage therapist), often helps facilitate and expedite a patient's recovery. Liz has also received her certification in lymphatic drainage.



**Tom Hermesen, PT, CSCS** - A 1983 graduate from the University of Wisconsin – Madison, Tom has been a practicing PT for over 30 years, 27 in outpatient orthopedics. He was a site coordinator and treating therapist at HealthSouth in Lakewood, CO from 1994-2000. He was the clinic director and practicing PT for Physiotherapy Associates at Golden Ridge for seven years. In 2010, he joined the staff at Panorama Physical Therapy as a senior staff PT. Tom's area of expertise included the treatment of shoulder and knee dysfunction, and foot and ankle disorders including the fabrication of orthotics. He has vast experience in lower extremity biomechanical evaluations. He is also a Certified Strength and Conditioning Specialist (CSCS).



**Lauren Hixson, PT, DPT** - Lauren earned her Doctorate of Physical Therapy from Regis University in 2017. Prior to Regis, she attended Saginaw Valley State University in Michigan where she double majored in Exercise Science and Psychology. While at SVSU, Lauren competed in Cross Country and Track and Field, earning All- American Honors in both sports. She has since completed 4 marathons (2 Boston) and more than 10 half marathons. She enjoys using her athletic background to challenge patients of all ages and athletic abilities reach their goals.



**Julie Huebner, PT** - Julie is a 2003 graduate of the University of Colorado Health Sciences Center Physical Therapy program. She received a Master's Degree in Anatomy from Colorado State University and a Bachelor's from Florida State University. She uses manual techniques and individualized exercise programs to correct imbalances in the musculoskeletal system that lead to overuse syndromes, pain and injury in the spine, shoulders and lower body. She has extensive continuing

education training for pre-operative, post-operative and non-operative shoulder, hip and spine rehabilitation as well as vestibular therapy and treatment for positional vertigo.



**Courtney Humphrey, PT, MPT, Cert. DN**

Courtney received her Master of Physical Therapy from University of Tennessee, Memphis in 2002. Prior to that Courtney received her Bachelors of Science from Middle Tennessee State University in 1999. She has since practiced in the orthopedic outpatient setting for 16 years and has been a part of the Panorama Golden team since 2010. Courtney is

certified in dry needling, utilizes manual therapy skills in patient treatment, specializes in pre and post- operative total joint replacement rehab, and sports related injuries. She treats an array of orthopedic injuries and understands the importance of a total body approach to help patients achieve their prior level of function. Though healing can be a difficult process, Courtney's goal is to use her humor and passion to create a positive therapy experience for her patients. Outside of Panorama, Courtney enjoys traveling with her husband, hiking with her dogs, skiing/snowboarding, going to see live music, and spending time with friends and family



**Shawna Olsen, PT** - Shawna received her graduate degree in Physical Therapy from the University of Colorado Health Sciences Center in 2002 and obtained her undergraduate degree in Biology from Colorado College in 1996. She became interested in physical therapy after receiving therapy as an adolescent while competitive figure skating. Although she initially began her physical therapy career in a spine focused clinic,



she has enjoyed the wide variety of diagnoses and ages that Panorama Physical Therapy provides. Over the years, Shawna has enjoyed focusing on the full functional return of patients in order to maintain their healthy lifestyles.



**Britta Olson, PT, DPT** - Britta received her DPT from Regis University in Denver. Prior to PT, Britta was a registered nurse in neuro/trauma, high risk labor and delivery, and oncology. She is also a certified Pilates instructor and became certified in Women's Health/Pelvic Floor in 2018. She earned a dual degree in communications and exercise and sports science at University of North Carolina, where she also competed as a Division I Collegiate golfer for 4 years.

Britta has a strong interest in manual therapy, orthopedics and sports medicine, and uses her Pilates background to

help patients regain proper posture, core strength and body awareness.



**Emery Pino, PT, MSPT** - Emery graduated from the University of Colorado Health Sciences Center Physical Therapy program in 2000. He previously was a System's Engineer for 13 ½ years, much of the time with IBM. Emery's engineering background helps him clearly explain pathology to his patients, while using critical thinking to determine the best rehabilitation for complicated patient pathologies and diagnoses. Emery's interest in physical therapy is in

outpatient orthopedics, and is also one of the vestibular and balance therapists at Panorama PT. He has a variety of certifications of continuing education to influence his knowledge and skill base in treating the orthopedic population



**Kelly Powell, PT, DPT** - Kelly graduated from Stony Brook University with her Doctorate of Physical Therapy in 2012 and completed her undergraduate degree from SUNY Oswego. She enjoys working with all orthopedic conditions and utilizes manual therapy and individualized exercise prescription to assist patients in their recovery. She believes in empowering the patient to reach their goals and

prevent re-injury.



**Jamie Snowden, PTA** - Jamie graduated from the University of Central Florida in 2011 with a BS in Interdisciplinary Studies focusing on Health and Education. After 5 years of working full time as a yoga instructor in Nashville, TN, she returned to school to become a Physical Therapist Assistant earning her AAS from Volunteer State Community College in Gallatin, TN. Jamie joined Panorama in January 2018, and has enjoyed being a part of the team. Outside of work, she enjoys practicing yoga and backpacking with her husband and dog.



on grass, sand, and indoors.

**Kaitlin Thompson, PT, DPT, ATC** - Kaitlin graduated from Boston University with a BS in Athletic Training in '11 and Doctor of Physical Therapy in '14. Kaitlin worked for 3 years in NYC doing outpatient orthopedics with an emphasis on sports/orthopedic rehab and has been a certified vestibular therapist since '15. Her passion in PT lies in using manual techniques, specific exercises, and education tailored to each patient to help get them back to what makes them happy. Kaitlin's happy place is on the volleyball court and up in the mountains. She played club volleyball at BU and continues to play competitively



**Brad Walters, MSPT, OCS** - Brad graduated in 2002 from the University of Colorado at Boulder, majoring in Kinesiology. He subsequently earned a Master of Science in Physical Therapy from the University Of Colorado Health Sciences Center in 2004. He has been a member of the American Physical Therapy Association and the Orthopedic Section for 15 years. He is a board-certified Orthopedic Clinical Specialist (OCS) since 2012. He was a game-day physical therapist for the NBA's Denver Nuggets for the 2012-2013 season. He was an APTA

Orthopedic and Sports Residency Faculty Mentor for ATI Physical Therapy in Greenville, South Carolina from 2014-2017. He is certified in Functional Dry Needling Level 1 and 2 since 2016. He believes in coupling physical therapy with sports performance. He enjoys working within the broad spectrum of orthopedic and sports injuries. He strives to provide a personalized approach to assist each patient in establishing and achieving incremental goals. He combines hands on therapeutic treatment techniques with functional and evidence based exercises that are tailored to both the home and clinic environments. As a Colorado native, Brad enjoys following all his hometown teams, especially the Denver Broncos! He also enjoys golfing, fly-fishing, skiing, traveling and spending time with his wife, Rachael.



**Keri Windels, PT, DPT, SCS** - Keri went to The Pennsylvania State University where she majored in Kinesiology with a Exercise Science focus. After graduating, Keri moved to Denver and earned her Doctorate of Physical Therapy from University of Colorado Health Sciences Center in 2009. She then spent time on the East Coast, working at The Johns Hopkins Hospital. There, she was on faculty for the Orthopedic Physical Therapy Residency Program and also became a Sports Certified Specialist (SCS). Keri enjoys working with all

orthopedic conditions, but specializes in lower extremity injuries in athletes.

## HAND THERAPISTS



**Lisa Condon, MS, OTR, CHT** - Lisa graduated from University of Wisconsin-Milwaukee in 1988 with a Bachelor's in Occupational Therapy. After working 3 years in Inpatient Neurology, she moved to Colorado and pursued Outpatient Orthopedics. She received her Certification in Hand Therapy (CHT) in 1995 and her Master's in Sports Medicine in 1996. Lisa has a strong

passion for treating upper extremity trauma and has spent much of her career developing her manual skills and thoroughly understanding the anatomy of the hand, wrist, elbow and shoulder. She believes that educating the patient on their injury is imperative for a successful outcome and being an active member of the "Hand Team" (MD, Therapist and Patient).



**Jennifer TenNapel, OT, CHT** - Jennifer graduated from the University of Minnesota with a Bachelor's in Occupational Therapy. She was a member of the University Hospitals spinal rehabilitation team and was the acute burn rehabilitation coordinator at Regions level 1 trauma center. She earned her CHT credential in 1995. She worked with a regional Plastic Surgery group on medical surgical missions to Guatemala. Prior to joining Panorama, she worked with

Allina as the Hand Professional Practice Lead for the Courage Kenney Sports and Physical Therapy clinics, and as a consultant to EXOS, assisted in the redesign of their wrist and hand splints product line. With her extensive experience in UE rehabilitation she has mentored students and staff in the specialty of hand therapy. She finds that engaging the patient in their care to achieve optimal outcomes to be the most rewarding aspect of her work.