

## Highlands Ranch Physical Therapists

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### **Jessie Thalman PT DPT**

Jessie was born in Atlanta Georgia and lived there until 1999 when she moved Greenwood Village, Colorado. She attended school at Colorado Academy and then went to college at Gonzaga where she played D1 soccer as a goalie. She went on to physical therapy school at Duke University where she graduated with a Doctorate in Physical Therapy. Jesse had a shoulder injury in high school and met Al Peng, who was her therapist, and he inspired her to go on to become a physical therapist. Jesse specializes in sports medicine, neurological rehab, total joint rehab and return to sport therapy where she treats high school and college athletes. Jesse loves the outdoors and in her spare time she likes training her horse, hiking, and hanging out with her dog. She is a foodie and she enjoys cooking.

Fun fact: Jesse used to walk her pet rabbit on a leash.

### **Erik Saenz PT DPT**

Erik grew up in Saginaw, Michigan and attended college at Michigan State. Following college he moved to Denver, Colorado because he loved the mountains. He began working as a physical therapist. Prior to coming to Panorama physical therapy he was with at D1 Sports physical therapy in Colorado Springs. He specializes in sports medicine rehab and dry needling for trigger point release, pain relief and enhanced muscle function. When he is not working, Erik enjoys hiking, camping and snowboarding. He is also an avid runner and likes playing soccer. Erik also plays the guitar, enjoys time with his family and his Cocker Spaniel.

Fun fact: Erik plays Banjolin

### **Al Peng MSPT**

Clinical Director Highlands Ranch Physical Therapy

Al grew up in Long Meadow, which is in the Western part of Massachusetts. He attended Boston College in Boston where he received his undergraduate degree. Following his graduation, he traveled to Hong Kong and Thailand and then made his way to Southern California, where he worked in a restaurant. He was subsequently offered a job as a research assistant in a hospital and moved back to MA, where he found his interest was in physical therapy. He went back to school at the University of Miami to get his Masters in physical therapy. He met his wife, who is also a physical therapist, in school and together they moved to Greenville, South Carolina where they both began their careers as physical therapists. A few years later, they moved to Vero Beach Florida as Al was offered a position with the elite, Kerlan Job Sports Medicine program to work with the LA Dodgers at their spring training facility. There he was the rehab coordinator/physical therapist. In 2003, Al moved to Highlands Ranch, Colorado. He worked at Physiotherapy in Highlands Ranch for 12 years prior to opening Panorama's Physical therapy clinic in conjunction with D1 Sports. He is currently the Clinic Director at the Highlands Ranch

office. Al is married with four children and three dogs. In his free time he loves to ski, travel, and go cruising. Al is a self-proclaimed foodie.

Fun fact: Al can barefoot water ski on one foot

### **Brittney Dillman DPT ATC**

Brittney grew up in Elizabeth, Colorado and went to high school through Aurora Options and attended classes at Arapahoe Community College. She then went to Harden Simmons University in Abilene Texas where she graduated with her degree in athletic training. She then continued her education there to receive a doctor of Physical Therapy degree. Through school she worked at the D1 Sports in Abilene, Texas and when she graduated she went to work at the D1 Sports physical therapy in Colorado Springs. She began at the Panorama Orthopedics/D1 Sports therapy in April when Panorama opened the facility. Brittney loves the outdoors and enjoys hiking, biking in Colorado. She loves Rockies games and also enjoys traveling and spending time with friends and family.

Fun Fact: Brittney worked at the House of Representatives

### **Rachel Grims DPT**

Rachael grew up in Lakewood, Colorado and graduated from Bear Creek High School. She moved to Ft Collins and attended school at Colorado State University in Ft. Collins. While she was in school, she was a teaching assistant for the gross anatomy lab and she interned at a sports medicine clinic in Ft Collins where she became interested in physical therapy. Following her undergraduate degree, she moved to Los Angeles to attend physical therapy school at University of Southern California. She was finishing her clinical experience at the D1 in Colorado Springs, when she transferred to the Panorama Orthopedics physical therapy at D1 Sports in Highlands Ranch. In her free time she enjoys, riding bikes, snowshoeing, rock climbing and running half marathons.

Fun fact: Rachel was voted the fastest test taker in grad school

### **Diana Callahan MSPT**

Diana is from New England and grew up in Southern New Hampshire. She attended Simmons College in Boston where she received her undergraduate and Masters of Physical Therapy. Following school she worked in an inpatient rehab hospital in southern New Hampshire. Since then she specialized in orthopedic and sports therapy. In 2006 Diana moved to Colorado to work as an orthopedic physical therapist. In 2014 she joined Panorama Physical Therapy and worked in Golden and transferred to Highlands Ranch with the new Panorama Orthopedics D1 Sports Center opened in April of 2015. She loves the variety of patients she sees in orthopedic therapy and enjoys getting people back to activities. While she treats all types of orthopedic injuries, she especially likes shoulder and hip therapy. Diana is married and has a growing family - she loves to explore Colorado – hiking camping snowshoeing and road biking in her free time.

Fun fact: As of 2015, Diana has climbed 14 Colorado 14er's and is working toward climbing all 54.

### **Kristin Passaglia DPT**

Kristin grew up in Chicago, Illinois and she attended undergrad at Miami University at Ohio and then she attended Belmont University in Nashville, Tennessee to receive her DPT. She moved back to Chicago and worked as a physical therapist in Chicago prior to moving to Colorado in 2007. Kristin worked at Physiotherapy with Al Peng until Panorama physical therapy opened in 2015. She enjoys working with sports injuries and also specializes in hip preservation therapy. Kristin is married with two kids. She likes to ski and run in her free time.

Fun Fact: When she was working in Nashville she took treated a very famous country music star.

### **Sarah Howell DPT**

Sarah grew up in Ft Lauderdale, Florida and attended University of Florida for her undergraduate degree. She got her Masters at the University of South Florida in Tampa and then got her DPT at the University of Colorado in Denver. Sarah had several knee surgeries in college, which led to her interest in physical therapy. She loves working with people and returning them to a pain free life or their pursuit of athletics. She started in the emergency room in Breckenridge and then fell into travel therapy, worked with spinal cord injuries, brain injury and stroke patients before going back to orthopedic therapy. Sarah started working with D1 Therapy in 2012 and was responsible for the opening of the Highlands Ranch Panorama/D1 Sports therapy office. Sarah is married with two dogs and loves the outdoors and in her free time enjoys running and hiking and attending Denver sporting events.

Fun fact: Sarah was 9<sup>th</sup> in the State of Florida in the 100-meter dash

### **Holly Brody PT Assistant**

Holly grew up in Dallas, Texas. She attended college at the University of Arkansas. After school she was working at an ad agency and teaching group fitness classes. A close relative had a torn ACL and was receiving physical therapy and she saw the process and got interest in switching her interest to physical therapy. She attended school at Pima Medical Institute in Denver to become a Physical Therapy Assistant. She worked at Denver Health prior to coming to Panorama physical therapy at D1 Sports. Holly is married and has a yellow lab named Duke. She likes to workout, hike and spend time with family and friends and loves Broncos football. She also loves traveling to the beach.

Fun Fact: Holly was a ballet dancer with the Dallas Metropolitan Ballet

**Kristen Douhan, PT, DPT, ATC, CSCS**

Doctor of Physical Therapy

Kristen grew up moving around the United States as the daughter of a father who worked for the National Park Service. She spent many years in the Midwest growing up in Iowa and Indiana. She attended Colorado State University after her family moved to Colorado where she received her undergraduate degree in Sports Medicine. She stayed at Colorado State where she worked as an Athletic Trainer for the athletic department as she earned her Master's Degree in Education. Following her graduation, she worked in a physical therapy clinic as well as a sports performance training center. While she was working at Howard Head Sports Medicine, she also worked as an Athletic Trainer for the USA Rugby Men's National Team. With the team she traveled the world treating the athletes and taking care of their health care needs. She has also worked for the Colorado Rapids Soccer Club as an athletic trainer. It was during her time working in professional sports that she developed a passion for physical therapy and returned to school to earn her Doctorate Degree in Physical Therapy from Regis University. In her free time, Kristen enjoys spending time with her family, watching movies and enjoying the outdoor Colorado lifestyle.

Fun fact: Kristen's first job was driving a bobcat working at a gravel pit

**Bradley Evsich PT DPT ACSM-CPT CSCS**

Bradley was born and raised in Charleston, SC where he played travel and competitive baseball all throughout his life. He went on to play D1 college baseball for the Terriers at Wofford College in Spartanburg, SC. He went on to attend Physical Therapy school at the Medical University of South Carolina in Charleston, where he graduated with his doctorate. He is currently a Certified Strength and Conditioning Specialist, ACSM Certified Personal Trainer, Nutrition coach, and is certified in FMT Blades IASTM (Instrument Assisted Soft Tissue Mobilization) by Rocktape. Bradley specializes in sports medicine rehab, overhead and elite athletes, and strength/conditioning training. Bradley enjoys traveling and working out while competing as a men's physique athlete.

**Dianna Cole McNitt, MS, PT, COMT**

Dianna received her BS from Baylor University and her physical therapy degree from Texas State University. Dianna worked in Scotland where she worked as a therapist to the Scottish Football Club and while she was there she completed her training as an athletic trainer. Dianna has completed the highest level of physical therapy certification in Orthopedic Manual Therapy and also is trained in trigger point therapy, dry needling and cupping. In her free time, Dianna enjoys triathlons, skiing, golf, biking, scuba diving, travel and spending time with her family.

Fun fact: Dianna competed in the professional couples dance circuit and received a world champion award.

