

Physical Therapists

Tom Hermsen, 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).

Rick LaFave, PT, DPT, COMPT, FAAOMPT

Clinic Director Panorama Physical Therapy

Rick holds a doctorate in Physical Therapy from Regis University. After completing 3 years of additional coursework, he earned a post graduate Fellowship in Orthopaedic Manual Therapy from The Institute of Manual Therapy in October 2014. He is also certified in trigger point dry needling. Rick specializes in spine rehabilitation and takes a "whole person" approach to physical therapy, treating the entire person rather than just the symptoms. He enjoys working with a diverse patient population, from the athlete to the elderly. His main focus is helping patients get back to the activities they love, whether that's playing with grandchildren or competing in sporting events. Rick is an active member of the American Academy of Orthopaedic Manual Therapy and the American Physical Therapy Association (Orthopaedic section). Outside the clinic, Rick enjoys hunting, Fly fishing, training dogs and horseback riding.

Emery J. Pino, PT, MSPT

Emery began his Physical Therapy journey at the University of 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. After deciding to change professions, Emery attended 6 ½ years of night school to gain his prerequisites to apply to PT school. Emery's engineering background helps clearly explain the pathology to his patient, 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. He has treated everything from the neck to the toes in orthopedic injuries and post-operative rehabilitation. He has a

passion to return patients to their highest level of function. He has a variety of certifications of continuing education to influence his knowledge and skill base in treating the orthopedic population. Emery is also one of the vestibular and balance therapists at Panorama PT. Emery enjoys the variety of patients seen at Panorama, from young to old, professional and high school athletes, and to the recreational sports person.

Carrie Hamm, PT, MPT

Carrie is a Colorado native and has been practicing Physical Therapy in the orthopedic setting for 16 yrs. She received her undergraduate degree in Exercise and Sport Science from the University of San Francisco in 1994. She then went on to earn her Masters degree in Physical Therapy from Shenandoah University in 1998. Carrie has taken numerous sports medicine and manual therapy continuing education courses to stay current on the latest treatment strategies. Carrie is certified in Trigger Point Dry Needling and Selective Functional Movement Screen which she uses in conjunction with manual therapy. Carrie specializes in Sports Medicine.

Carrie played Division I Volleyball, now she currently loves to spend time with her family, road and mountain bike ride, telemark ski, and play competitive tennis.

Courtney Humphrey, PT

Courtney received her Masters in Physical Therapy from University of Tennessee, Memphis in 2002. She has been part of the Panorama team for 5 years. Her focus is on patients with sports related injuries and total joint replacements. Her interests outside of physical therapy include snowboarding, hiking, and traveling with her friends and family.

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. Mitzy has been at Panorama for 4 years. Her interests include many outdoor activities for which Colorado is known.

Bernard Condevaux, PT, SCS, CSCS

Clinic Director Panorama Physical Therapy Golden

Bernard graduated from Wayne State University in Detroit, Michigan in 1987. He has been practicing in outpatient orthopedics since 1988, with over 20 years of management experience, as well as significant experience in sports. He was a therapy consultant for the MLB Colorado Rockies from 1993-2000, and with the NHL Colorado Avalanche from 1995-2003. Bernard has extensive experience in cycling: He has worked with USA Cycling since 1995 with his primary focus in mountain biking, as well as road, track, cyclocross, and BMX disciplines. Bernard has worked at every UCI Mountain Bike World Championship since 1993, first with the New Zealand National Team, then France, and Team USA since. He has been a member of the United States Olympic Sports Medicine Team at the 2003, 2007, 2011, and 2015 Pan American Games, and the 2004, 2008, and 2012 Olympic Games. Bernard has also worked with the Belgium based Etixx-QuickStep (formerly Omega Pharma QuickStep) professional cycling team since 2010. He has written a chapter on cycling injuries for the Encyclopedia of Sports Medicine (SAGE Publishing), as well as many articles for Performance Conditioning in Cycling. 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.

Steven Huber, PT, DPT

Steve attained his Doctorate of Physical Therapy from Rosalind Franklin University of Medicine and Science in 2012. He completed his undergraduate degree in Kinesiology graduating with Honors from Michigan State University. Steve specializes in treating many orthopedic conditions including running injuries, post-operative, hips, shoulders, and the spine. Steve places a strong emphasis on postural training, core stability, and patient education. Steve is certified in Functional Dry Needling and High-Velocity Low-Amplitude Thrust Manipulation of the Cervical, Thoracic, Lumbar and Sacroiliac Joints. Outside of the clinic, Steve enjoys running and hiking with his dog, snowboarding, and climbing fourteeners.

Keri Windels, PT, DPT, SCS

Keri is from McKean, Pennsylvania. She 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. Keri and her husband returned to Colorado in 2014. She enjoys road cycling, running, hiking, and skiing.

Tom Ryan, PT

A Colorado native, Tom Ryan holds a BS in physical therapy from The Robert Gordon University. Tom has an extensive background in manual therapy and has recently completed the first of two certifications for functional dry needling. His favorite part of being a PT is the “detective work” of figuring out the underlying problems causing pain/dysfunction. Tom married his wife, Leslie in 2005, and is the proud father of two children. Outside the clinic, Tom enjoys spending time with family, and--like a true Coloradoan--going to the mountains, hiking, biking, and going for an occasional run.

Hannah Seim, PT, DPT

I grew up in St. Louis, MO and attended University of Missouri (Mizzou) for both my undergrad and PT school. My bachelor’s degree is in Health Science and I then went straight in to the DPT program at Mizzou. I graduated in May 2014 and moved out to Denver with my fiancé (also a PT) and our dog (Bernese Mountain Dog and Poodle mix) in June. I love to hike, swim, travel, and plan on doing a lot of skiing this winter. I enjoy trying out new places to visit, restaurants to eat at and things to do. I overall love the Colorado lifestyle and plan on sticking around for a long time. I am very eager and excited about starting my PT career in Colorado and can’t wait to see where it takes me in the years to come.

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. A native of Evergreen, Colorado, Shawna enjoys running, skiing, and hiking in the mountains with her husband and two daughters.

Jonathan Hiera, PT, DPT

Jonathan received a Doctorate of Physical Therapy in 2005 from Regis University in Denver, Colorado. He began his career in Colorado Springs, Colorado where he treated in multiple disciplines including orthopedics, neurologic disorders, amputations, and aquatics. He has developed a risk reduced weight training program that was implemented with the Colorado Springs Police Academy and continues to promote safe weight lifting techniques. Jonathan joined Panorama Physical Therapy in 2012 in order to pursue a focus of orthopedic care with a highly progressive and innovative group of medical professionals. Away from the clinic Jonathan enjoys and has participated in a multitude of sporting activities, including football, baseball, basketball, volleyball, soccer, and rugby.

Julie Wiltshire, PT

Julie received her Bachelor of Arts degree in Biology in 1995 and her Masters degree in Physical Therapy in 2000 from The University of Iowa. She moved to Colorado in 2001 and began practicing physical therapy at a sports medicine clinic. With over ten years of outpatient orthopedic experience, Julie enjoys treating patients of all diagnoses. She especially likes to treat knee and shoulder conditions as well as post operative patients. She believes patient education is the key to a successful rehabilitation. Julie spends her free time with her husband and two young sons exploring Colorado. She enjoys hiking, biking, snowshoeing and skiing.

Peter Fathallah, PT, DPT

Peter graduated from Boston University with a BS in Human Physiology Pre-med. After college, he moved to Chicago and worked for 3 years as a personal trainer, working with athletes, actors, and weekend warriors. Peter returned to Boston to attend MGH Institute of Health Professions where he earned his Doctor of Physical Therapy. After completing his studies with an emphasis in Orthopedics and Sports Medicine, he moved to Denver to practice Physical Therapy and take part in all the fly fishing, mountain biking, and hiking that the daylight allows. In the off season, Peter enjoys snowshoeing, weightlifting, and practicing Brazilian Jiu Jitsu. Peter gives back to his community through his service as a board member of the Colorado Mountain Biking Association, a local non-profit.

Peter's professional interests are in treating the lower extremity and in manual therapy. He is pursuing his Certification in Orthopedic Manual Therapy through the Maitland-Australian program. Peter employs a comprehensive, evidence based, and patient centered approach. He

thrives on empowering his patients and modifying rehabilitation programs for their specific needs and preferences.

Kelly Spagnoli, 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. Kelly moved from New York to Colorado after graduate school and has been enjoying everything that Colorado has to offer. She enjoys hiking, mountain biking, running, playing soccer and snowboarding in her free time.

Natalie Shetromph, PT, DPT

Born and raised in Lancaster, Pennsylvania, Natalie attended Pennsylvania State University and earned her B.S. in Kinesiology with a focus in Movement Science. Before attending graduate school, she worked as a physical therapy technician in Hershey, PA where she began cultivating skills in patient-care and therapeutic exercises. Natalie earned her Doctorate of Physical Therapy from Tennessee State University in Nashville, TN. During her time in graduate school, Natalie continued to foster her passion for physical therapy in the outpatient orthopedic field, with her clinical focus in post-operative care, manual therapy, and sports physical therapy. Natalie had the opportunity to visit Colorado during school and fell in love with the state. Natalie enjoys hiking, rock climbing, playing soccer, biking, and cheering for PSU sports in her free time.

Ericka Olson, PT, DPT

Ericka received her Doctorate of Physical Therapy from Colorado University in 2015 and joined the Panorama team soon thereafter. She was first introduced to physical therapy as a junior and collegiate ski racer at the University of Massachusetts. Prior to becoming a physical therapist, she received her JD from Michigan State Law School and practiced law for several years in Colorado before deciding to pursue a career in physical therapy. She truly enjoys partnering with her patients and helping them achieve their personal goals. When not in the clinic, Ericka can be found skiing, hiking and camping all over Colorado.

Liz Erickson PTA, LMT

As a native of Golden, Liz Erickson, thoroughly enjoys working in her hometown at Panorama Physical Therapy. She has worked in out-patient orthopedics for over 16 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. While she feels laughter is often the best medicine, she also feels her expertise in soft tissue work (she is also a licensed massage therapist), often helps facilitate and expedite a patient's recovery. Liz also recently received her certification in Lymphatic Drainage.

In her spare time, she enjoys the company of her two grown kids, Peter and Emma, cycling, weight lifting, yoga and travelling near and far.

Gwen Phillips, PTA

Gwen Phillips came to physical therapy after a career in graphic design/copywriting. She has been working as a PTA at Panorama since graduating in 2011. A professional dancer since 2004, Gwen currently dances for 3rd Law Dance/Theater in Boulder. Her passion is treating dancers of all levels, and she offers a free dance injury prevention class in collaboration with Dr. Deol. Her favorite part of her job is the "AHA!" moment a patient has when a movement concept clicks or when they succeed at an exercise that has been challenging them. Gwen holds a BA in Magazine Journalism, an AAS in PTA, is certified in Rock Taping, and excels at telling terrible jokes in the clinic.

Julie Huebner, PT, MPT

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 Degree from Florida State University. She spent 2 years working as a Physical Therapist in Colorado's High Country before moving to practice in the Northwest for almost 10 years. Now, she is happy to be back under the blue Colorado skies. 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. When not at work, she enjoys being outside riding her bicycle, competing in triathlons and spending time with her dog and good friends.

Britta Olson, DPT

Britta Olson received her Doctor of Physical Therapy degree from Regis University in Denver. Prior to physical therapy, Britta was a registered nurse in neuro/trauma, high risk labor and delivery, and oncology. In addition, she is a certified Pilates instructor. She enjoys using her Pilates background to help patients regain proper posture, core strength and body awareness.

She received her undergraduate degree from University of North Carolina at Chapel Hill, earning a dual degree in communications and exercise and sports science. She also competed as a Division I collegiate golfer for four years.

Britta has a strong interest in manual therapy, orthopedics and sports medicine. During her free time, she enjoys skiing, running, golf, Pilates, and yoga.

Hand Therapists

Lisa M. 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). In her spare time, she enjoys spending time with her family outdoors skiing, camping, biking and hiking.

DeAnn German, PT, CHT

Part of the original physical therapy staff back in 2008 when Panorama Physical Therapy opened its doors, DeAnn German holds a BS in physical therapy from Mount St Mary's College in Los Angeles (1991). After practicing for three years in California, DeAnn moved to Colorado in 1994. DeAnn relocated to Virginia in 2005 for a few years and then decided she did not want to live anywhere else and moved back to Colorado in 2008. She became a Certified Hand Therapist in 1999 and currently treats injuries of the shoulder, arm and hand, working closely with Panorama's hand surgery service. DeAnn and her husband of 20+ years, Dave, live in their

dream home just north of Denver. In her free time, DeAnn is a crazy horse lady who enjoys riding and working with a local equestrian vaulting team.

Jamie Michalski, PT, CHT

I am a physical therapist and certified hand therapist here at Panorama Orthopedics. I am proud to say that I am a Colorado native, and completed my education here in the state. I have a Bachelor's of Arts Degree in Biology from the University of Denver, and I completed my Master's in Physical Therapy in 1996 at the University of Colorado Health Sciences Center. I have two amazing kids. Eric is 15 and is a football player at Standley Lake High School. Emily is 12 and is a competitive soccer player and a gymnast. When I'm not watching games, I am spending time with my boyfriend Tim. We enjoy cycling, watching movies, and searching for the perfect bottle of wine to share!