

Highlands Ranch Physical Therapists – The Institute Team

Jessie Thalman PT, DPT

Clinic Director

Jessie was born in Atlanta, Georgia and moved to Greenwood Village, Colorado in 1999. She attended school at Colorado Academy and then went to Gonzaga University where she played D1 soccer as a goalie and received her BS in Exercise Science. She went on to physical therapy school at Duke University where she graduated with a Doctorate in Physical Therapy. Jessie 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. Jessie specializes in sports medicine, ACL, foot/ankle, and return to sport therapy and works closely with The Institute trainers to develop the PRO-Formance program. Additionally, Jessie serves as a clinical instructor for PT and PTA students completing their internships. Jessie loves the outdoors and in her spare time she enjoys training her horse, hiking, camping, and hanging out with her dog. She is an avid football fan and regularly sports her cowboy boots with her Atlanta Falcons jersey on casual Fridays.

Fun fact: Jessie can often be found on the dance floor at country bars perfecting her line dancing and country swing dance moves.

Al Peng MSPT

Regional Director

Al grew up in Longmeadow, Massachusetts. He attended Boston College where he received his undergraduate degree in Psychology. Following his graduation, he traveled to Hong Kong, Taiwan and Thailand and then made his way to Southern California, where he worked in the restaurant business. He was subsequently offered a job as a Cardiac Surgery Research Assistant and moved back to MA. Shortly after working in a hospital he found his interest in physical therapy. He went back to school at the University of Miami to get his Masters of Science in Physical Therapy where he also met his wife. 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-Jobe Orthopedic group to work with the LA Dodgers at their spring training facility. There he was the Rehab Coordinator/Physical Therapist for 4 years. In 2003, Al and his family moved to Highlands Ranch, Colorado. He worked at Physiotherapy Associates in Highlands Ranch for 12 years prior to opening Panorama's Physical therapy clinic in conjunction with D1 Sportsmedicine. He is currently a Regional Director of Operations with EXOS who oversees the Highlands Ranch Physical Therapy 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

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 treated a very famous country music star.

Dianna Cole McNitt PT, MSPT, COMT

Dianna grew up in Texas, graduated from Baylor University and earned her Physical Therapy degree from Texas State University. She has extensive training in manual therapy and orthopedics, including both sports injuries and the spine. Her **certifications** include: COMT (Certified Orthopedic Manual Therapist) the highest level of certification in manual therapy, TPI Golf Fitness, Dry Needling, IASTM, Sportsmetrics ACL Injury Prevention, Kinesio/Rock Tape and Custom Foot Orthotics. She is in the process of obtaining her certification in Neurokinetic Therapy. Dianna opened and managed her own clinic prior to joining Panorama PT in 2016.

Dianna works as part of the Olympic Sports Medicine team at the Olympic Training Center. She is a PGA golf specialist and routinely works with professional athletes with the PGA, NFL, NBA, MLB, MLS and FIL. Dianna is a published author in Orthopedic Physical Therapy. She has worked internationally as a physiotherapist and an athletic trainer. She loves the variety of patients she sees and enjoys getting them back to their activities/sports and improving their quality of life.

She enjoys many sports, hiking, traveling and loves dancing. Dianna and her family live in Highlands Ranch.

Fun fact: Dianna competed in the professional couples dance circuit and won the World Championship award! She was also the state hula hoop champion in Colorado and Texas.

Evan Mazur PT, DPT, ACSM-CPT

Evan Mazur is from Syracuse, NY. He completed his Doctor of Physical Therapy degree at Daemen College in Buffalo, NY and received his Bachelors in Health and Kinesiology at Purdue University in West Lafayette, IN. Evan claims to bleed “gold and black” in support of his Alma Mater, but this has not been proven medically.

Evan has trained for a variety of fitness competitions including half marathons, CrossFit competitions, and a physique show. He attributes his ability to stay healthy with his PT knowledge including his training in McKenzie Method Treatment. He moved to Colorado to enjoy the many wonders of the area including skiing, hiking, trail running, and most recently rock climbing.

To unwind, Evan enjoys cooking and trying new foods/beers, playing video games, and petting other people's dogs.

Fun Fact: Evan joined the high school swim team before knowing how to swim

Jen Kick PT, DPT

Jen received her Doctorate of Physical Therapy from the University of Illinois at Chicago. Before moving to Colorado, Jen lived in Portland, Oregon and worked for a private outpatient orthopedic practice, where she served on the research team for clinical in-services as well as a clinical instructor for physical therapist student internships.

Jen's clinical interests include ACL rehabilitation and preventing and treating sports injuries of the knee, hip and shoulder. Coincidentally, Jen tore her own ACL in early 2018 while skiing, and believes that tearing her ACL has allowed her to better understand the recovery process of a major injury and the impact it has emotionally and physically. Additionally, Jen is currently certified in Personalized Blood Flow Restriction (P-BFR) through Owens Recovery Institute and will be certified in dry needling in June 2018.

Outside of the clinic, Jen is an avid Chicago sports fan and enjoys exploring Colorado with her partner and their three dogs. Jen is a member of the Colorado Physical Therapy Association, specifically including the Orthopedic and Sports sections.

Fun fact: Jen was a member of the 2002 National Junior College Women's Basketball Championship team while at College of DuPage, and is a two-time Chicago Marathon finisher.