

## Highlands Ranch Town Center Physical Therapy

### **Steve Huber, PT, DPT, certDN**



Steve is the Clinic Director for both the Highlands Ranch Town Center and Littleton Physical Therapy Clinics. Steve attained his Doctorate of Physical Therapy from Rosalind Franklin University of Medicine and Science in 2012 and completed his undergraduate degree in Kinesiology, graduating with Honors from Michigan State University. Steve specializes in treating many orthopedic conditions including running injuries, postoperative, hips, knees, shoulders, and the spine. Steve places a strong emphasis on postural training, core stability, and patient education. He is certified in Functional Dry Needling and High-Velocity Low-Amplitude Thrust

Manipulation of the Cervical, Thoracic, Lumbar, and Sacroiliac Joints.

### **Alex Brateman, PT, DPT**



Alex is a local Colorado native who completed his undergraduate degree in Integrative Physiology and a certificate in Neurosciences and Behavior with the University of Colorado in 2014. He then went on and received his Doctorate of Physical Therapy from the University of Kansas in 2017. Alex enjoys working with a wide variety of orthopedic conditions to try to enable his patient's to return to their optimal level of function and get back to their everyday passions. He particularly enjoys working with local youth athletes and patients who are dealing with post-operative, knee, shoulder, and spinal issues. He enjoys continuing his education in many different areas to best meet the needs of his patients. When not in the clinic you will likely find him enjoying his time in Vail or Breckenridge with his wife, Ashleigh, and their new puppy, Yeti, or playing in far too many softball leagues.

**Alyssa Dickerson, PT, DPT, certDN**



Alyssa graduated from the University of Hartford in 2016. She holds the following certifications: Dry Needling (Level 1 & 2 via BRI); Certified Sportsmetrics Instructor (via Cincinnati Sports Medicine); Pilates Gateway Level 1 Mat Certification (via Polestar Pilates). Hobbies include raising 2 dogs, going to concerts/shows/movies, traveling, hiking, snowboarding, kickboxing, photography/arts and crafts. Her favorite things to treat are ACL reconstructions, anything she can treat dry needling with, and the military population.

**Blake Howat, PT, DPT, ATC**



Originally from Bloomsburg, PA, Blake followed his passion for sports medicine to Boston University where he was a part of their combined Athletic Training/Doctorate of Physical Therapy program. During his graduate studies, he worked throughout the Greater Boston Area as an athletic trainer with a variety of local athletic clubs and collegiate programs to provide both on-field injury management and rehabilitation. Upon graduation, Blake enrolled in the Institute of Orthopaedic Manual Therapy for their year-long course in advanced manual therapy and clinical reasoning. Blake enjoys using hands-on techniques and specific exercises to help his patients attain their goals and return to a painfree lifestyle! Outside of work, Blake loves all things outdoors and active. You can find him

most weekends either hiking, mountain biking, climbing, or catching a show at Red Rocks.

### **Dani Potter, PT, DPT**



Dani graduated from St. Catherine University in Minnesota with her Doctorate of Physical Therapy. While working towards her undergraduate degree, Dani played soccer at the University of Minnesota Duluth and continues to participate in the community with youth soccer teams. Dani specializes in a wide variety of orthopedic conditions including shoulders, knees and hips. In her free time she enjoys running, hiking, skiing, camping and all things outdoors.

### **Katie Lohrman, PT, DPT**



Katie is a Western New York native earning her Doctorate of Physical Therapy from Nazareth College in Rochester, NY in 2016 and her Undergraduate degree in Psychology from SUNY Geneseo in 2013. She spent the first two years of her career working in travel Physical Therapy all over the country and is now settled in Denver and loving it! Katie thoroughly enjoys working in orthopedics, treating a variety of diagnoses and assisting people to return to living their very best lives. Katie was a competitive swimmer growing up and enjoys spending time outdoors in her free time hiking, skiing, camping, anything the Rocky Mountain Life has to offer!

### **Max Langevin, PT, DPT**



Max Langevin grew up in Connecticut and completed his undergraduate degree in psychology at Boston University. After earning his DPT at Georgia Southern University in Savannah, Max moved to Colorado to begin his career in physical therapy. Max has been with Panorama since September of 2019 and in his free time enjoys playing ultimate, hiking, playing golf, and snowboarding.

**Michael Phillip, PT, certDN**



Michael has been a physical therapist since 2005 after graduating with his Master of Physical Therapy Degree from Nova Southeastern University in S. Florida. Prior to obtaining his Physical Therapy degree he received a Bachelor's of Science Degree in Kinesiology in 2002 from Illinois State University and worked as a performance coach for amateur and professional athletes. Since becoming a physical therapist he has obtained his certification in Trigger Point Dry Needling and taken extensive post graduate coursework in the treatment of spinal and joint dysfunctions. He is a manual physical therapist who takes a holistic approach to the treatment of his patients and understands that each patient is a unique case that requires an

individualized treatment approach. In his free time he enjoys everything and anything outdoors, traveling overseas, and photography.

**Rachel Grims, PT, DPT**



Rachel is a local girl who grew up in Lakewood, CO. She obtained her BS at Colorado State University where she majored in Health and Exercise Science. After CSU, Rachel moved to sunny Los Angeles to pursue her doctoral degree in Physical Therapy from University of Southern California (Go Trojans!). She returned to Denver following graduation and began working for Panorama Orthopedics where she has remained since June, 2015. Rachel participates in many of your typical Colorado outdoor activities and considers herself to be a craft beer snob. She particularly enjoys working with recreational and endurance athletes and has a passion for treating patients who have spinal disorders and other complex orthopedic issues. Rachel also works with Dr. Ellman's hip patients.

### **Rachel Penn, PTA**



Rachel graduated with honors from Pima Medical Institute's Physical Therapist Assistant program in Denver, Colorado in 2017. Prior to working in physical therapy, Rachel worked in nonprofit management and social work. In high school she was a competitive swimmer and played on the Women's Ultimate Frisbee team in undergrad at the University of Vermont. Her passions include yoga, triathlons, paddle boarding, cross country skiing, traveling, and spending time with family and friends. She has a strong interest in working with patients on balance and gait training as well as treating a variety of orthopedic and post-operative conditions. Rachel loves working with individuals to provide education and tools to improve their quality of life, level of independence, and return to enjoying things that bring them happiness.

### **Sarah Shivley, OTR/L, MOT, WCC**



Sarah received her Bachelor's degree from Olivet Nazarene University in Bourbonnais, Illinois and her Masters of Occupational Therapy from Midwestern University in 2013. Sarah was with Northwestern Medicine in Chicago, Illinois and worked alongside six hand and upper extremity surgeons since graduating and she specializes in orthopedic injuries of the elbow, wrist and hand and is Wound Care Certified. Sarah has been with Panorama since June of 2019.

**Tracy Bugielski, PT, MSPT**



Tracy has been a Physical Therapist for over 20 years. She graduated from University of Colorado with a BS in Kinesiology then went to the University of Miami for her Physical Therapy education. She has spent the last 20 years in Chicago and recently moved home to Colorado. Tracy has spent extensive time in England earning her advanced certification in movement through Kinetic Control and ultimately began teaching courses for them. Tracy enjoys working with all orthopedic conditions but specializes in treatment of shoulder and knee injuries, both pre- and post-operatively.