

## 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, OCS



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 and is a Board Certified Orthopedic Specialist. 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.

### 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.

### **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. 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.

### **Abigail Ferguson, PT, DPT**



Abigail Ferguson earned her Doctorate in Physical Therapy in 2019 from Regis University with an emphasis in Pelvic Health and Pediatrics. She graduated with honors from Westmont College in 2016 where she studied kinesiology and dance. Her experience in Men and Women's health and biomechanical research gives her a strong foundation in whole-person care and rehabilitation. She has a passion for promoting pelvic physical therapy in the medical field and treating each patient as an individual.

### **Carrie Hamm, PT, MPT**



Carrie is a Colorado native and graduated from the University Of Shenandoah in 1998 and has been a member of Panoramas team since 2011. Carrie has continued to progress in her professional education and development receiving a level two Functional Dry Needling Certification and level two Selective Functional Movement Assessment to identify biomechanical and neuromuscular dysfunctions in her patients. Carrie specializes in a wide variety of orthopedic pathologies and utilizes manual and evidence based practice treatment approaches to maximizing outcomes and recovery. Carrie is an avid mountain and road biker and played collegiate volleyball. She enjoys using her athletic background to challenge patients of all ages and athletic abilities reach their goals.

### **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 custom orthotics. He has vast experience in lower extremity biomechanical evaluations. He is also a Certified Strength and Conditioning Specialist (CSCS).

### **Courtney Humphrey, PT, MPT**



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.

### **Ayla Oik-Szost, PT, DPT**



Ayla graduated from University of Michigan - Flint with a major in Health Sciences before moving to Florida to earn her Doctor of Physical Therapy from the University of South Florida in 2014. She is a sports clinician and worked with athletes from the high-school, collegiate, and Olympic levels at IMG academy for 4 years before moving to Denver in 2019. She was brought on to the team at Panorama to progress the PRO-formance program that improves the transition from PT to optimal life for our patients. She is Functional Dry Needling Level 1 certified, FMS Level 2 certified, and has extensive experience and education in the areas of manual therapy, posture, sports rehab, and functional training. She loves to teach and believes in centering her care on her patient's goals and making PT an experience that her patients can learn from and enjoy. Ayla also likes to work out and stay physical with paddle boarding, free-diving, hiking, and exploring Colorado. She likes to balance that activity by going to the movies, reading, and listening to podcasts and would love your recommendations.

**Shawna Olsen, PT, MSPT**



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.

**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.

### **Kaitlin Thompson, PT, DPT**



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 on grass, sand, and indoors.

### **Brad Walters, PT, 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.

### **Beth Wood, PT, DPT**



Elizabeth (Beth) received her Doctor of Physical Therapy from the University of Colorado, Anschutz Medical Campus in 2018. She earned her Bachelors of Science in Exercise Science from Colorado Mesa University in Grand Junction. Beth is certified in the Selective Functional Movement Assessment (SFMA) and utilizes this treatment approach to identify the cause of discomfort and address biomechanical and neuromuscular dysfunction in her patients. Beth is also a member of our clinic OrthoPlus team that specializes in pre and post-operative total joint replacement rehab. She treats an array of orthopedic injuries and strives to develop a rapport with patients and make rehab a fun, positive process. Outside of work, Beth enjoys tennis, equestrian events, running, and spending time with friends and family.

### **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.