



Physical Therapy packet

"MOVEMENT IS A MEDICINE FOR CREATING CHANGE IN A PERSON'S PHYSICAL, EMOTIONAL, AND MENTAL STATES. WHEN YOU BECOME AWARE OF WHY YOUR BODY IS IMPORTANT TO YOU AND WHAT VALUE IT BRINGS TO YOUR LIFE, THE WAY YOU TAKE CARE OF IT CHANGES."

WHAT TO BRING FOR YOUR *Physical Therapy Initial Evaluation*

**INTAKE
PAPERWORK**



**ID CARD+
INSURANCE CARD**



**CALENDAR/
SCHEDULER**



**REFERRAL
(IF APPLICABLE)**



**LOOSE CLOTHING/
GYM ATTIRE**



Congrats! You've made a commitment to your health , the commitment to feel better and live a life you love! Thank you for choosing Coal Creek PT to help with your muscle and joint pain – you're in the right hands!

DID YOU KNOW?

Skilled Physical Therapy is the most **inexpensive** and **noninvasive** way to recover from muscle and joint injury and pain. Not only will it get you back to where you want to be, but Physical Therapy will give you the knowledge and skill to prevent your pain or injury from returning. Yes, you read that correctly! **There is a way to live pain-free, forever.**

AT COAL CREEK PHYSICAL THERAPY YOU CAN EXPECT:

- Skilled, hands-on treatments, reducing pain as well as increasing motion
- Individualized exercise programs to optimize muscle balance and movement patterns so that you stay pain-free, for life!

**WE ARE EXCITED TO BE A PART
OF YOUR JOURNEY TO HEALTH!**

Let's Get Started.

IMPORTANT THINGS YOU SHOULD KNOW:

We believe in **collaborative care!** You will see a team of **two licensed, skilled physical therapists** for duration of your Plan of Care. This will allow you to have two sets of eyes and hands on your condition ensuring the most optimal care that will get you feeling better and living a life you love. Because **frequency of visits is the most important part of your healing**, having two therapists will allow you more flexibility to schedule your full Plan of Care. If one of your therapists should be sick, or go on vacation, you will not have any interruption in your care – allowing you the fastest and most effective healing time.

Frequency of your visits and **length** of your plan is specifically prescribed to rehabilitate your condition. **It is not random, and it is not standardized.** Each visit is a progressive visit, if you miss 1 physical therapy visit that was prescribed, **it sets your entire plan backwards.**

REASONING BEHIND OUR FREQUENCY:

3 TIMES PER WEEK: severe joint stiffness, need for supervised exercise program (memory & motivation issues)

2 TIMES PER WEEK: moderate pain, joint stiffness, muscle tension, need for muscle pattern correction (most common)

1 TIME PER WEEK: very low pain, ease with therapeutic exercise, need for injury/pain prevention

Best Patient Practices

HOW DO I GET BETTER, FASTER?

1. Schedule out your **full plan** of physical therapy per what your PT prescribes on your evaluation date.

2. **Put everything on your calendar!** Your appointments and when you plan to do your exercises, 2x per day, for the duration of your plan.

3. Have a **team of two PT's** as a backup, in case one of your PT's is on vacation or sick. The **frequency** of your treatment is more important than the PT delivering it.

4. Give **feedback** about how the treatment and exercise program is affecting you to your PT every visit and come prepared with your questions! Questions are **always** welcomed.

5. You will receive a questionnaire about your pain & function on appointment 1, appointment 5, and appointment 10. **These questionnaires ensure that our care is improving your pain and function, as efficiently and effectively as possible.** We do not want to waste any visits!

Success Stories

Hear from patients who have completed a Full Plan of Care at Coal Creek PT:

"I can't express how satisfied I am with CCPT. It's been a long process/recovery and the care and concern from the clinic has been excellent! I am also impressed with how prompt your staff is. The folks at the front were always friendly and professional. It was easy to get a schedule that worked with my free time. I believe I am healed because of the care I received at CCPT. I would recommend any therapist here. You guys absolutely rock!!!! Thank you to everyone to helped me heal."

"This experience has been great. My PT's were really great about progressing through exercises and I was happy that when I had some regression, they were willing to step back from the strength focused exercises and go back to flexibility, strength and mobility. That really helped me get over the hump and to where I am now. I was so skeptical at first about the team care approach but they did a great job coordinating the treatment and it really worked well. Thank you so much to all!"

"CCPT has been really great helping me get back on my feet and explaining every step along the way. I fractured my ankle with a bad sprain playing volley ball which brought my active lifestyle to a halt (volleyball, running, even my work had to be altered.) CCPT has gotten me back to all of it in just over 2 months. I also appreciate the attention to secondary issues that arose from wearing the boot. Overall, I'd definitely recommend CCPT to anyone in need of PT. Thank you!"

"I was able to go from taking prescription strength medication down to no medication over the course of my treatment. I appreciate the coordination of care with 2 PT's so that I could get the benefit of a variety of treatments. I think dry needling was very helpful for my recovery. Thank you CCPT. I'm excited to get back into my exercise routine."

Our Goal for Every Patient

After finishing your Plan of Care, you feel **better**. You are able to return to your favorite activities and living a life you love. We want you to leave CCPT with tools to stay better, independently, forever.

Our Team

We have **10 physical therapists** who have different specialties, techniques, certifications and treatment styles. We will absolutely find someone who fits you and your condition! Please feel free to read about our physical therapists and staff members below:



Julie Byrt | Physical Therapist | Owner of Coal Creek PT

Education

Julie graduated from Regis University, Summa Cum Laude in 1997 and has over 19 years of experience. Julie is also certified as a Manual Manipulative Physical Therapist by the Manual Therapy Seminars of Colorado (2001).

Specialty

Julie specializes in the treatment of the spine and chronic pain conditions. She also enjoys the variety of treating all Orthopedic pain and injuries, including Pediatrics. She has a special interest in the treatment of Vertigo and in Stress Management to improve healing and wellness.

Philosophy

Julie's philosophy involves treating the current problem as quickly as possible to correct any underlying issues in order to prevent re-injury. Julie empowers each patient to care for their condition and prevent re-injury with individualized ergonomic and exercise training and stress management.

Life

Julie enjoys skiing and hiking, practicing yoga, and spending time with her two children, Conor and Caleigh.



Annabel Bavage | Physical Therapist | Pelvic Health Specialist + AAT Specialist

Education

Annabel received her Doctorate of Physical Therapy from the University of Minnesota. She graduated with her Bachelor of Arts in Exercise Science and English from St. Olaf College. Annabel is a certified Pelvic Health Physical Therapist and is also trained in Associative Awareness Technique (AAT).

Philosophy

Annabel believes that each patient must be treated as an individual and given a thorough, whole body assessment in order to provide the most meaningful and effective care. She uses a balanced combination of manual therapy, body mechanics education, and exercise prescription to eliminate pain and improve function. She strives to empower patients to be independent in the care of their bodies and ensure they live a pain free life doing the things they love.

Specialty

Annabel loves treating all things orthopedic, especially in the hip, knee, ankle, and spine. She is also passionate about Women's Health, including conditions such as postpartum care, urinary incontinence, and pelvic pain.

Life

Annabel is a lover of the outdoors who can usually be found on her mountain bike, road bike, or with a mountain trail under her feet.



Ashley Hoath | Physical Therapist | Dry Needling Specialist + Pelvic Health Specialist + Graston Technique Certified

Education

Ashley received her Bachelors in Exercise Physiology from Lynchburg College in 2010. She went on to graduate with her Doctorate of Physical therapy from Lynchburg College in 2013. Ashley is certified in Trigger Point Dry Needling, the Graston Technique and Pelvic Floor/Health Treatment.

Specialty

Ashley has been working with Sports and Orthopedics since graduating in 2013. She has a very strong background in treating foot and ankle, knee and hip and the lumbopelvic region. She is also a Pelvic Health Certified Practitioner. Ashley has had extensive Manual Therapy training and is a certified Orthopedic Clinical Specialist through the American Physical Therapy Association (APTA).

Philosophy

Ashley is a strong believer in regional interdependence. She believes no single injury stands isolated and that a comprehensive evaluation should address multiple systems and body regions. This includes addressing the pelvic floor as it applies to orthopedic conditions such as back, hip and foot pain. She believes best practice means combining strong evidence based research with a patient's goals and personal characteristics and her own therapy style to reach successful outcomes. Physical therapy should be a positive experience, with lots of patient and clinician communication that results in functional gains!

Life

Ashley is a former collegiate soccer player who is still fortunate enough to continue to play in the WPSL (women's premier soccer league) . She also enjoys hiking, backpacking, and skiing and spending time with her pup!



Chantal McDonald | Physical Therapist | Dry Needling Specialist + Pelvic Health Specialist + Graston Technique Certified

Education

Chantal received her Bachelor's degree in Biology from Marquette University (Milwaukee, WI) in 1985. She then went on to receive her Master of Science degree in Physical Therapy at the University of Indianapolis (Indianapolis, IN) in 1988. Chantal achieved Board Certification as an Orthopedic Clinical Specialist in Physical Therapy in 1995 and has maintained her certification throughout her career through her passion for continued learning and professional contributions. She has since achieved certifications in Manual Therapy in 2005 and Trigger Point Dry Needling in 2016. She is also recognized as an Advanced Practitioner in RockTape/Kinesiotape Application and in Instrument Assisted Soft Tissue Mobilization.

Specialty

Chantal has been a licensed physical therapist in Colorado since 1989. She joined the Coal Creek Physical Therapy team in August 2018, bringing her expertise in the evaluation and treatment of outpatient orthopedic and sports injury conditions to the Louisville community. She utilizes a multi-faceted approach to treatment, combining soft tissue mobilization, joint mobilization, dry needling, individualized therapeutic exercise programs, and movement reeducation and patient education for long-term success.

Philosophy

Chantal is an enthusiastic and dedicated physical therapist committed to delivering a patient-centered, customer service oriented approach. She believes in building a strong rapport with her patients and hopes to be their PT for life. She believes in the mission of the clinic and is committed to helping patients feel better and live a life they love!

Life

Chantal is originally from Canada and traveled extensively in her youth. She has lived in Louisville since 1992 and raised her family here with her supportive husband. She enjoys alpine skiing, water sports, hiking, the outdoors, and traveling with her family and friends. She has two grown children and a yellow lab, Gordie.



Chris Fahs | Physical Therapist | Dry Needling Specialist + Counterstrain Specialist

Education

Chris received his Bachelor's degree in Biology from Wheaton College (Wheaton, IL) in 2000. He then went on to receive his Doctorate in Physical Therapy at Midwestern University (Downers Grove, IL) in 2004. Chris is certified in Trigger Point Dry Needling and Counterstrain.

Specialty

Chris has been working in the outpatient orthopedic setting for over 9 years. He joined Coal Creek Physical Therapy in 2012 when he relocated to Colorado from Illinois. Chris is personally committed to advancing his clinical skills and is working towards his certification in manual therapy through the North American Institute of Manual Therapy (NAIOMT) and is also working toward certification in Counterstrain through the Jones Institute.

Philosophy

Chris emphasizes a thorough and evidence based examination with his patients in order to get to the "root" of each patient's pain or functional impairment. He has a passion for working with each of his patients and could not imagine a more rewarding profession than physical therapy.

Life

Outside of work, he enjoys running and has completed several marathons and other shorter distances. Together, he and his wife also enjoy exploring new restaurants, scuba diving, yoga, downhill skiing, hiking and camping.



Erin Jensen | Physical Therapist | Dry Needling Specialist + AAT Specialist

Education

Erin received her Bachelor of Science in Kinesiology from Fresno State University in 1998. She continued on at Fresno State to earn her Master's Degree in Physical Therapy in 2002. Erin is certified in Trigger Point Dry Needling and is also trained in Associative Awareness Technique (AAT).

Specialty

Erin has been working in the outpatient Orthopedic setting for the past 9 years before joining Coal Creek PT. Prior to that, she worked in an Acute Rehabilitation Center where she specialized in patients with Spinal Cord Injury. She enjoys working with patients to help them meet their goals in returning to a healthy lifestyle.

Philosophy

Erin believes in looking at the patient as a whole, not just looking at the obvious symptom that brought them to P.T. She believes in using manual therapy techniques to improve a patient's functional mobility in addition to exercises to further build upon the patient's strength. It is important to her that patients feel like they are being heard and play an active part in setting realistic goals.

Life

Erin has recently moved from California to Colorado, trading the beach for her love of the mountains. She enjoys running, biking, and exploring the outdoors with her husband and two young kiddos.



Hannah Nicholson | Physical Therapist | Orthopedic Specialist

Education

Hannah received her Doctor of Physical Therapy degree from the University of St. Augustine for Health Sciences in San Marcos, CA in 2015. She graduated with her Bachelor of Science degree in Exercise Science and Wellness from Bastyr University. Hannah is a Certified Functional Movement Specialist and has advanced training in manual therapy.

Specialty

Hannah specializes in orthopedics and sports medicine and loves working with people of all ages, lifestyles and activity levels. She has completed advanced manual therapy coursework for the effective evaluation and treatment of spine, pelvic and extremity dysfunction. She integrates a strong balance of manual therapy and corrective exercises to restore function and improve full body mobility.

Philosophy

Hannah's goal as a physical therapist is to educate clients to take a proactive role in their health, to maximize individual potential and integrate their personal goals so they feel empowered, can enjoy their life and get back to the activities they love. She aims to give her clients the tools and resources they need to feel healthy in their bodies and have life long strength and mobility. She believes in the value of using breath and mindful techniques to reduce stress, support healing and restore whole body health.

Life

Hannah spends most of her time rock climbing and practicing yoga. She also loves skiing, playing guitar and singing, art, writing, mountain biking, hiking and just being in nature and exploring the beautiful outdoors.



Kaitlin Wensinger | Physical Therapist | Orthopedic Specialist + Pediatric Specialist

Education

Kaitlin (Katee) finished her undergraduate with a Bachelor of Science in Kinesiology and Health from Miami University in Oxford, Ohio. She then finished her graduate program from the University of Colorado-Denver where she earned her Doctorate of Physical Therapy.

Specialty

Katee has a passion for treating elbow, wrist, and hand injuries as she believes the hands are one of our most important body parts for completing day to day activities and a body part we take for granted until there is a dysfunction or an injury. She truly loves working with all patients experiencing difficulties completing fundamental daily activities, such as dressing, grooming, cooking, shopping, as these are our most foundational activities that we must complete on a daily basis to allow for us to go on and do other things that we love. Katee also has a strong interest in treating young pediatric patients, particularly those with developmental delay and torticollis.

Philosophy

Katee believes all patients should receive comprehensive care that utilizes regional interdependence to identify underlying causes that may be contributing to a current injury; she aims to correct the underlying cause of the injury to prevent the same injury from recurring. Katee uses a combination of manual therapy and exercise prescription to help the now pain as well as to prevent future pain. She believes patient education is one of the most important aspects of care; if we can better understand our bodies and how they work we can better identify activities that are beneficial for our bodies as well as activities or body mechanics that may cause injury.

Life

Katee grew up in Ohio and moved to Colorado just before starting graduate school. She enjoys spending time with her fiancé and dog, Bella. She truly enjoys all that Colorado has to offer including downtown Denver, parks, and skiing/hiking in the mountains.



Maggie Nguyen | Physical Therapist | Orthopedic Specialist + Pediatric Specialist + Graston Technique Certified

Education

Maggie is a California native and received her Bachelor of Arts in Psychology from the University of California, Santa Barbara. She then transplanted to Denver, where she earned her Doctorate of Physical Therapy from Regis University.

Philosophy

Maggie is passionate about treating all post-operative diagnoses, particularly knee, hip, and shoulder replacements as well as rotator cuff repairs and reconstructions! She enjoys seeing a patient throughout the entire rehabilitation process from tissue healing to strength and power conditioning and eventually returning them back to their previous level of function. In addition, she has a strong passion for pediatric physical therapy in both orthopedic conditions as well as neurological conditions. She loves treating kiddos to allow them to achieve their highest potential.

Specialty

Maggie is a big believer in treating each patient as a “whole” and not as a diagnosis. Almost always, she combines manual therapy, exercise prescription, and thorough patient education in her treatment plans in order to achieve patient goals and empower her patients to be as strong and healthy as possible. Maggie believes that “motion is lotion” and encourages her patients to engage in active lifestyles that will keep them independent and pain-free.

Life

Maggie is a typical Colorado transplant and could not stomach moving away from the mountains after graduation. She enjoys hiking, skiing, and getting outside whenever possible. Maggie has run several half marathons and eventually has goals to complete a full marathon in the future. In addition, she enjoys trying new recipes, soaking up the sun on any patio, and reading!



Stephanie Branchaud | Physical Therapist | Dry Needling Specialist

Education

Stephanie received her Bachelor of Arts in Psychology and Biology from Luther College in 2013. She then moved to Colorado and graduated with her Doctorate of Physical Therapy from Regis University in 2016.

Philosophy

Stephanie loves being a Physical Therapist because it allows her to walk with patients throughout their treatment to improve their quality of life. She believes in using evidence based treatments, as well as empowering patients to be able to take control of their bodies and live the full life they want to live without pain. She uses a combination of hands on manual therapy, skilled exercise prescription, and patient education to ensure that each patient gets what they need to meet their goals.

Specialty

Stephanie enjoys treating all Orthopedic conditions, helping patients with acute injuries or chronic conditions in any joint resolve their pain and dysfunction. She also has special interest in treating Pediatrics, including Torticollis and Developmental Delay.

Life

Outside the clinic, she enjoys spending time with friends and family, as well as running, hiking, skiing, camping, and traveling to new places whenever possible!



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