

# Our Mission and Services

## Welcome

At HRRMC Rehabilitation you'll find a friendly, non-threatening environment where we are committed to working closely with you and your physician to provide optimal services. Each visit will move you closer to feeling your best and comfortably return you to your previous activities.

## Our Mission

To provide outstanding, expert care to our patients and our community in a nurturing environment that prioritizes patient satisfaction and functional gains with accountability to standard of care.

## What can physical therapists do for you?

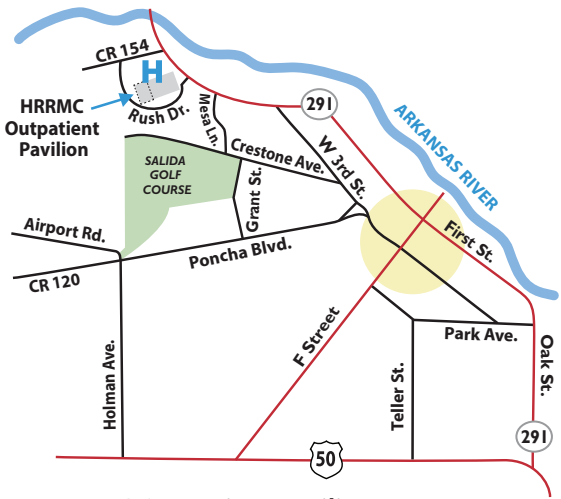
- Physical therapists significantly improve individuals' mobility to perform daily activities.
- Physical therapists may provide an alternative to painful and expensive surgery.
- Physical therapists help individuals manage or eliminate their pain, in many cases without long-term use of prescription medication and exposure to its side effects.

## Our Services

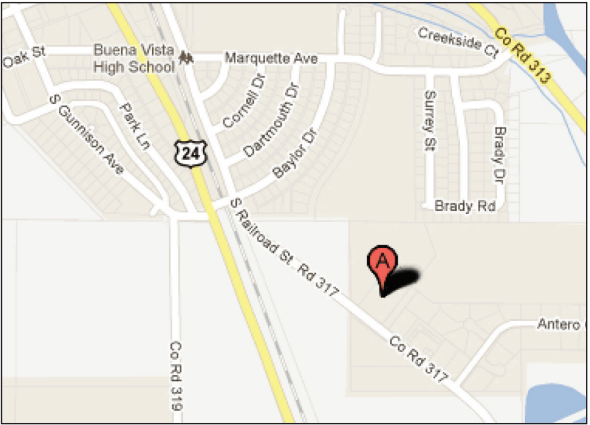
HRRMC Rehab offers a wide range of physical, occupational and speech therapy services, including:

- Aquatic therapy
- Dry needling (for pain management)
- Functional-capacity evaluations
- Graduate fitness program
- Hand therapy
- Home-safety assessments
- Incontinence management
- Lymphedema therapy
- Neurologic therapy for Parkinson's, stroke, brain injury, concussion
- Orthopedic therapy
- Pediatric therapy
- Pelvic-floor physical therapy
- Perinatal care
- Swallow studies
- Vestibular rehabilitation (for dizziness)
- Work conditioning
- Work-site analysis
- Wound care

## Locations



**HRRMC Outpatient Pavilion**  
1000 Rush Drive, Salida, CO 81201  
Phone: 719-530-2040 • Fax: 719-530-2041  
**Hours:** Monday–Friday: 7 a.m.-5:30 p.m.

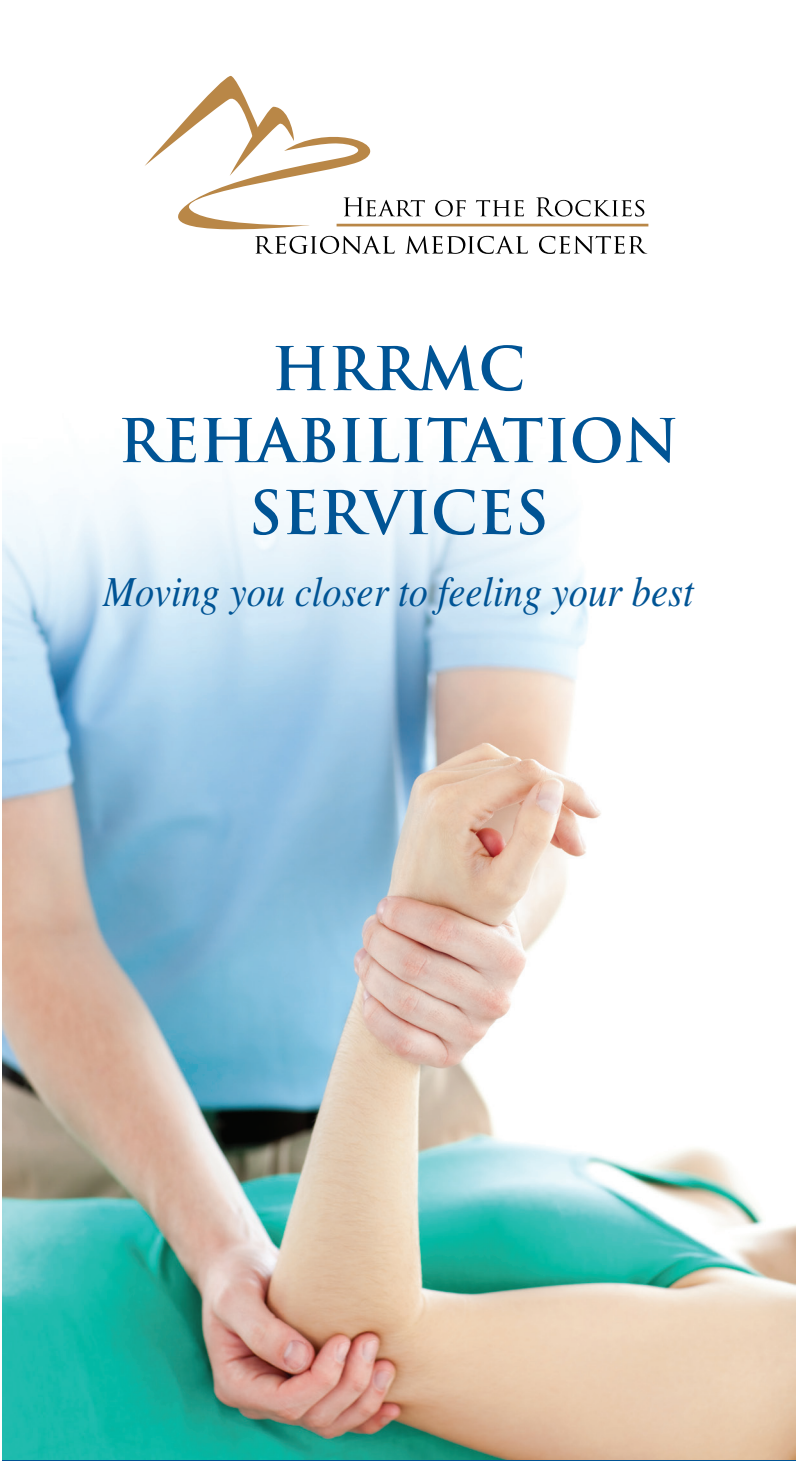


**HRRMC Buena Vista Health Center**  
28374 County Road 317 • Buena Vista, CO 81211  
Phone: 719-395-9048 • Fax: 719-395-6348  
**Hours:** Monday–Friday: 8 a.m. – 5 p.m.



# HRRMC REHABILITATION SERVICES

*Moving you closer to feeling your best*



**HRRMC Outpatient Pavilion**  
1000 Rush Drive • Salida, CO 81201

**HRRMC Buena Vista Health Center**  
28374 CR 317 • Buena Vista, CO 81211



# Our Rehabilitation Therapists

Our highly skilled therapists and therapist assistants have a reputation for providing exceptional, expert care to quickly help clients comfortably return to their daily activities.

## Physical, Occupational and Speech Therapy

**Desirae Westphal, PT, DPT**, is a Salida native and director of rehabilitation and wellness services at HRRMC. She received her doctorate in physical therapy from the University of Colorado Health Sciences Center. She oversees the Rehabilitation Department in addition to the Wellness and Dietary departments to ensure exceptional, quality care is provided in these three collaborative areas.

**Jillian Bare, PT, DPT**, received her doctorate in physical therapy from the University of Colorado Anschutz Medical Campus. She has experience working in a variety of acute-care settings, pediatric home health, and outpatient orthopedics with an emphasis on sports medicine.

**Rhonda Bellavia, PT, MSPT**, earned her master's in physical therapy from Regis University in Denver. Rhonda is a Polestar® Pilates certified instructor and is also certified in Kinesio® taping. Her background is in personal and athletic training, and she specializes in working with sports medicine patients.

**Julie Bergman, PT, MSPT**, received her master's in physical therapy from Western Carolina University. She specializes in geriatric rehabilitation and manual orthopedic therapy.

**David T. Conlin, PT, DPT, CCI**, earned his doctorate in physical therapy from the University of Pittsburgh. He has extensive training in shoulder, spine, knee and hip dysfunction, as well as manual therapy. David is certified in trigger point dry needling, functional dry needling and sound-assisted soft tissue mobilization. He is also a clinical instructor credentialed by the American Physical Therapy Association.



**Ann Croghan, PT, DPT**, earned her doctorate in physical therapy from the University of Colorado Anschutz Medical Campus. She specializes in physical therapy for women during and after pregnancy and pelvic-floor conditions in both men and women. Ann also specializes in pediatric conditions and enjoys working with newborns to three-year-olds.

**Sara Kate Foster, PT, DPT**, graduated from Northern Arizona University with a doctorate in physical therapy. Prior to that, she was a licensed massage therapist and yoga instructor. She enjoys working with patients facing a variety of challenges including Parkinson's disease, balance and gait difficulties, and chronic pain issues. Sara is a Parkinson's Wellness Recovery Certified Therapist.

**Allie Hammond, PT, DPT**, graduated from the University of Colorado with a doctorate in physical therapy. She specializes in pelvic-floor physical therapy and outpatient orthopedics. Allie is certified in mental health first aid and is a basic life support instructor for the American Heart Association.

**Sarah Hudelson, PT, DPT**, earned her doctorate in physical therapy from Northern Arizona University. She specializes in physical therapy for women during and after pregnancy, incontinence, pelvic dysfunction, postural support and vestibular disorders.

**Sarah Nazzaro, PT, DPT, CCS, WCC**, received her doctorate in physical therapy from the University of Colorado Anschutz Medical Campus. She has experience in a variety of acute-care settings including surgical ICU, burn/trauma, emergency, cardiac, neurologic and orthopedic.

**Clara Parker, PT**, graduated from Universidad Del Valle, Colombia, with a bachelor's in physical therapy. She has worked in outpatient and inpatient physical therapy. She speaks fluent Spanish and is experienced in treating orthopedic and neurologic patients.

**Robb Russell, PT, MSPT**, graduated from the University of North Carolina with a master's in physical therapy. He specializes in custom foot orthotics, vestibular disorders, manual therapy and outpatient orthopedics.

**Anna Skaggs, PT, DPT**, graduated from the University of Rhode Island with a doctorate in physical therapy. She is certified in functional dry needling and specializes in yoga with an emphasis on returning athletes to their sports.

**Alice Smyth, PT, MSPT**, earned her master's in physical therapy from the University of New Mexico. She has experience in outpatient orthopedics and inpatient physical therapy. She is certified in lymph drainage therapy and bandaging and also trained in Associative Awareness Technique,™ a chronic pain/trauma treatment.

**Laura Williams, PT, DPT**, received her doctorate of physical therapy from the University of Colorado School of Medicine. She treats a wide variety of orthopedic and neurologic conditions and specializes in pelvic-floor physical therapy, chronic pelvic pain, sexual dysfunction, urinary incontinence, pregnancy and postpartum support, and yoga for pelvic pain.

**Jamie Wolkenbreit, PT, MSPT**, earned his master's in physical therapy from the University of Wisconsin. He has a special interest in neurologic issues such as brain, vestibular and spinal injury. He has helped develop care protocols for headache, migraine headache and tinnitus conditions. Jamie's background in massage and manual therapy complements his practice with orthopedic/neuro therapy and general wellness.

**Angela Scherffius, PTA**, graduated from Black Hawk College in Moline, Illinois, with an Associate in Applied Science in Physical Therapist Assistant. She has experience in outpatient rehab, inpatient acute care, skilled nursing and home health.

**Jason Pascoe, PTA**, graduated from San Juan College in Farmington, New Mexico, with an Associate in Applied Science in Physical Therapist Assistant. He has experience in outpatient rehab and home health.

**Cherina Heinitz, OTR**, graduated from Colorado State University with a bachelor's in occupational therapy. She has practiced in a wide variety of settings from outpatient care to education, working with patients who have neurologic dysfunction from birth through adulthood.

**Brianna Scott, OTR**, graduated with her master's in occupational therapy from Thomas Jefferson University in Philadelphia, Pennsylvania. She has practiced in various settings including inpatient rehabilitation, acute care, home health and outpatient across the lifespan.

**DJ Wilson, OTR, CHT**, graduated from Colorado State University with a bachelor's in occupational therapy. He has many years of experience working with adults in outpatient and inpatient rehabilitation. He specializes in working with hands/upper extremities and is certified in hand therapy.

**Aleah Vallebona, COTA, CEAS II**, graduated from Westwood College, Denver, with an associate degree in occupational therapy. She is certified by NBCOT and licensed by DORA. Aleah has experience in a variety of settings helping people achieve independence with activities of daily living after surgery, disease and disability. She also performs office and industrial ergonomic assessments to help decrease the risk of musculoskeletal disorders.

**Cara High, MS, CCC-SLP**, graduated from Northern Arizona University with a master's in speech-language pathology. She works with children to improve articulation, expressive language, comprehension, social interactions, cognition and reading. Cara also supports feeding and swallowing. She is certified in LSVT, Learn to Play the NDT Way, and CAN-EAT.

