

Schedule an appointment at one of our locations:

**HRRMC Outpatient Pavilion**

1000 Rush Drive, Salida, CO 81201  
(719) 530-2040

**Physical Therapy | Occupational Therapy | Speech Therapy**

**HRRMC Buena Vista Health Center**

28374 CR 317, Buena Vista, CO 81211  
(719) 395-9048

**Physical Therapy | Occupational Therapy | Speech Therapy**

**HRRMC Saguache Health Center**

405 N Denver Ave., Saguache, CO 81149  
(719) 655-2531

**Physical Therapy**

**HRRMC Custer County Health Center**

704 Edwards Ave., Westcliffe, CO 81252  
(719) 783-2380 ext. 12

**Physical Therapy**



HEART OF THE ROCKIES  
REGIONAL MEDICAL CENTER

# Welcome to HRRMC Rehabilitation Services



**DEDICATED** | *We are a dedicated team that strives to provide personalized, expert care to our patients and our community in a nurturing environment, prioritizing patient satisfaction and functional gains with accountability to standard of care.*

**SPECIALIZED** | *Our team of rehabilitation therapists specializes in different areas of physical, occupational and speech therapy. Our therapists will work with each patient to set rehabilitation goals and to develop an individualized plan of care.*



HEART OF THE ROCKIES  
REGIONAL MEDICAL CENTER

[HRRMC.com/REHAB](https://www.hrrmc.com/REHAB)

## Meet the HRRMC Rehab Team

We offer both inpatient and outpatient rehabilitation services. Inpatient therapists assist when one is hospitalized and in need of bedside and/or acute care or, has undergone a surgery or procedure needing immediate and ongoing rehabilitation, such as a joint replacement or one who is part of our Swing Bed program. Outpatient therapists help with short and long-term rehabilitation of injuries or conditions that do not require a hospital stay, or recovery after surgery and/or ongoing care. Below, you will find a breakdown of types of therapy, where each provider offers their services as well as their specialties and certifications.

We serve the communities of Buena Vista, Saguache, Salida and Westcliffe, Colorado.



### LOCATION KEY

Salida Outpatient | Hospital Inpatient | Buena Vista | Westcliffe | Saguache



### DIRECTOR OF REHAB SERVICES

**Lara Wengert**

**Specialties:** Voice and swallowing disorders, pediatrics, apraxia of speech

## SPEECH THERAPY

HRRMC's speech language pathologists (SLPs) are equipped to provide evaluation and treatment of speech, language, dysphagia (difficulty swallowing), cognition, fluency, hearing, social pragmatics and augmentative disorders and alternative communication therapy for patients across the lifespan. Common etiologies (causes) related to speech and swallowing disorders include neurological disease/dysfunction (CVA, dementia, Parkinson's, ALS, MS), developmental disabilities (ASD, ID, dyslexia), genetic disorders (Down Syndrome, FXS), and orofacial myofunctional disorders (open mouth posture, lingual resting position). Telehealth services are available.



**Anna Correa, MS, CCC-SLP**

**Location:** Salida Outpatient, Hospital Inpatient, Buena Vista Outpatient

**Specialties:** Pediatrics, Voice, Dysphagia, Feeding

**Certifications:** Beckman Oral Motor Certification



**Cara High, MS, CCC-SLP**

**Location:** Salida Outpatient, Hospital Inpatient

**Specialties:** Pediatrics, adolescents and adults to improve articulation, expressive language, comprehension, social interactions, cognition and reading, feeding and swallowing

**Certifications:** LVST (to treat Parkinson's), Learn to Play the NDT Way and CAN-EAT



**McKenzie Kessel, MA, CF-SLP**

**Location:** Salida Outpatient, Hospital Inpatient

**Specialties:** Pediatrics, adolescents and adults to improve articulation, expressive language, comprehension, social interactions, cognition and reading, feeding and swallowing



**Deborah Dinin, MS, CCC-SLP**

**Location:** Hospital Inpatient

**Specialties:** Acute care rehab, geriatrics, feeding and swallowing

**Certifications:** Vital Stim Certified



**Molly Orr, SLP**

**Location:** Salida Outpatient, Hospital Inpatient

**Specialties:**

## OCCUPATIONAL THERAPY



**Teresa Damkoehler, Certified Occupational Therapy Assistant (COTA)**

**Location:** Hospital Inpatient

**Specialties:** Acute rehab, pediatrics, early childhood intervention



**Selena Kampstra, OTR/L**

**Location:** Hospital Inpatient

**Specialties:** Acute care, critical care, geriatrics



**Karyn Scott, OTR/L**

**Location:** Buena Vista Outpatient

**Specialties:** Ergonomics, adult neurologic conditions: stroke and TBI, shoulder replacements, post-employment evaluations, driving evaluations



**David (DJ) Wilson, OTR/L, CHT**

**Location:** Salida Outpatient

**Specialties:** Hand and upper extremity orthopedics, custom hand splinting, ergonomics, job analysis, post offer employment tests, functional capacity evaluations (FCE), SSDI evaluations, wheelchair evaluations, driving evaluations  
**Certifications:** Certified Hand Therapist (CHT)



### BUENA VISTA & WESTCLIFFE REHAB MANAGER

**Cherina Heinitz, OTR/L**

**Location:** Buena Vista Outpatient

**Specialties:** Adult and Pediatric UE orthopedics and neurologic conditions, custom hand splinting, hippotherapy (the use of horseback riding as a rehabilitative treatment)

**Certifications:** Autism Diagnostic Observation Schedule (ADOS-2) team evaluator



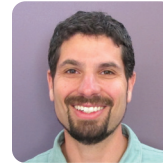
### ACUTE CARE REHAB & WOUND CARE REHAB MANAGER

**Sarah Nazzaro, PT, DPT, CCS, WCC**

**Location:** Hospital Inpatient

**Specialties:** Acute care rehab, critical care, PT in the ED, adult neurologic conditions, wound care

**Certifications:** Board Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy (CCS), Wound Care Certification (WCC), trigger point dry needling



### SALIDA & SAGUACHE REHAB MANAGER

**Jamie Wolkenbreit, PT, DPT**

**Location:** Salida Outpatient

**Specialties:** Adult and pediatric neurologic and orthopedic conditions, brain injury, vestibular disorders, spinal injury, migraines and tinnitus, driving evaluations, trigger point dry needling

## PHYSICAL THERAPY

HRRMC's physical therapists are equipped to provide evaluation and treatment of pre and post-surgical cases and general orthopedics, men's and women's health, oncology rehab, pre- and post-natal maternal care, neurological rehab including traumatic brain injuries, vertigo, TMJ impairment, generalized deconditioning, fall prevention and return to sport.



**Danielle Adams, PT, DPT**

**Location:** Salida Outpatient

**Specialties:** Adult Orthopedics, Vestibular disorders, Sports Medicine, Geriatric Rehab

**Certifications:** Trigger point dry needling, Vestibular rehab, Concussion management



## PHYSICAL THERAPY



**Jillian Bare, PT, DPT**

**Location:** Hospital Inpatient

**Specialties:** Acute care, critical care, PT in ED, adult neurological conditions

**Certifications:** Trigger point dry needling



**Lisa Bauer, PT, DPT, PORi**

**Location:** Hospital Inpatient

**Specialties:** Acute care, critical care, oncology

**Certifications:** PORi Certified Rehabilitation Oncology Therapist



**Julie (Jules) Bergman, PT, MPT**

**Location:** Salida Outpatient

**Specialties:** Geriatric rehabilitation, adult orthopedics, manual therapy

**Certifications:** Trigger point dry needling



**Megan Brito, PT, DPT, OCS, FAAOMPT**

**Location:** Buena Vista Outpatient

**Specialties:** Adult and pediatric orthopedics, manual therapy

**Certifications:** Orthopedic clinical specialist, trigger point dry needling, Fellowship of the American Academy of Orthopedic Manual Therapy (FAAOMPT)



**Ann Croghan, PT, DPT, CLC, CAPP-OB certified**

**Location:** Salida Outpatient

**Specialties:** Pelvic health, obstetrics, adult orthopedics

**Certifications:** Trigger point dry needling, certified lactation counselor (CLC), Certificate of Achievement in Obstetric Physical Therapy (CAPP-OB)



**Sara Foster, PT, DPT, CFMT**

**Location:** Salida Outpatient

**Specialties:** Trauma, chronic pain, TMJ, neurologic conditions (TBI, Headaches, Parkinson's)

**Certifications:** Certified in Functional Manual Therapy (CFMT)

## PHYSICAL THERAPY: PRN Therapists continued



**Ali Zimmer, PT**

**Location:** PRN: Outpatient all locations

**Specialties:** Sports medicine, orthopedics, pre and post-natal, TMJ/headaches, Parkinson's, balance disorders, total joint replacements

**Certifications:** Trigger point dry needling

## OCCUPATIONAL THERAPY

HRRMC's occupational therapy team is equipped to provide evaluation and treatment of post-surgical and orthopedic hand and upper-extremity conditions, pediatric development and sensory integration, custom hand splinting, ergonomic assessments, work capacity evaluations, and pre-employment screenings. Retraining activities of daily living are a primary focus of all patient care in order to maximize quality of life for our patients.



**Janessa Almquist, OTR/L**

**Location:** Salida Outpatient, Hospital Inpatient, Buena Vista Outpatient

**Specialties:** Adult neurologic conditions, pediatrics, wheelchair evaluations, acute care, hippotherapy



**Brianna Bennetts, OTR/L**

**Location:** Hospital Inpatient

**Specialties:** Acute care, adult neurologic conditions

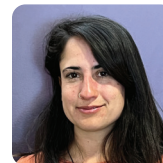


**Gretchen Chamberlain, OTR/L**

**Location:** Hospital Inpatient

**Specialties:** Acute care, Pediatrics, early childhood intervention

**Certifications:** Infant massage instructor



**Cristina Cuadros, OTR/L**

**Location:** Hospital Inpatient

**Specialties:** Acute care rehab, critical care, geriatrics

**Certifications:** National Board Certification in Occupational Therapy

## PHYSICAL THERAPY

### PHYSICAL THERAPY: PRN Therapists



**Rhonda Bellavia, MS, PT**

Location: PRN: **Salida Outpatient**

**Specialties:** Sports medicine/return to sport, adult orthopedics

**Certifications:** Polestar® Pilates certified instructor, Kinesio® taping, trigger point dry needling



**Daniel Bertrand, PTA**

Location: PRN: **Buena Vista Outpatient, Salida Outpatient, Saguache**

**Specialties:** Sports medicine



**Ryan Girrback, PT, DPT, OCS**

Location: PRN: **Outpatient all locations**

**Specialties:** Adult Orthopedics, veteran care, tactical fitness

**Certifications:** Board Certified Orthopedics Specialist (OCS), trigger point dry needling



**Doug Hanna, PT**

Location: PRN: **Salida Outpatient**

**Specialties:** Adult orthopedics, trigger point dry needling



**Joseph Montoya, PTA**

Location: PRN: **Outpatient all locations, Hospital Inpatient**

**Specialties:** Acute care rehab, critical care, adult orthopedics



**Beth Sather, PT, DPT**

Location: PRN: **Outpatient all locations, Hospital Inpatient**

**Specialties:** Pediatrics, orthopedics and neurological conditions, acute care, aquatic therapy

**Certifications:** Trigger point dry needling, hippotherapy

## PHYSICAL THERAPY



**Allison (Allie) M. Hammond, PT, DPT, WCS**

Location: **Salida Outpatient**

**Specialties:** Pelvic health

**Certifications:** Board-Certified Women's Health Clinical Specialist (WCS), trigger point dry needling



**Meg Heil, PT, DPT**

Location: **Buena Vista Outpatient**

**Specialties:** Geriatric care, neurologic, balance, vestibular and orthopedic conditions

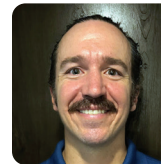


**Sarah Hudelson, PT, DPT**

Location: **Salida Outpatient**

**Specialties:** Men's and women's pelvic health, vestibular conditions, adult neurological conditions, adult orthopedics

**Certifications:** Certified Pilates instructor



**TR Jamar, PT, DPT**

Location: **Buena Vista Outpatient**

**Specialties:** Orthopedic and neurological conditions, acute care, geriatric rehab

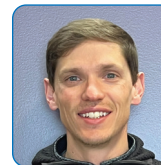


**Jennah Jones, PT, DPT, COMT**

Location: **Buena Vista Outpatient**

**Specialties:** Adult orthopedics, sports medicine, women's pelvic health

**Certifications:** Certified in orthopedic manual therapy (COMT), certified Pilates instructor, trigger point dry needling

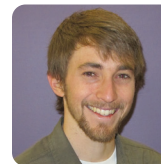


**Troy Klaassen, PT, DPT**

Location: **Buena Vista Outpatient**

**Specialties:** Orthopedic rehab, chronic pain management, sports and recreational injuries, concussion management and vestibular dysfunctions

**Certifications:** Trigger point dry needling



**Jared Knappe, PT, DPT**

Location: **Salida Outpatient**

**Specialties:** Adult orthopedics, sports medicine, vestibular disorders

**Certifications:** Trigger point dry needling, blood flow restriction therapy

## PHYSICAL THERAPY



**Sheena MacFarlane, PT, DPT, CCS**

**Location:** Hospital Inpatient

**Specialties:** Adult cardiovascular and pulmonary, Intensive care unit

**Certifications:** Board-Certified Clinical Specialist in Cardiovascular & Pulmonary Physical Therapy (CCS)



**Starr Miller, PT, DPT**

**Location:** Hospital Inpatient, Saguache Outpatient

**Specialties:** Adult orthopedics, acute care rehab, post-op total joint care, critical care, PT in the ED, geriatrics, orthopedics



**Clara Parker, PT**

**Location:** Buena Vista Outpatient

**Specialties:** Adult orthopedic and neurologic conditions, geriatrics, bilingual: medical Spanish



**Sarah Pridemore, PTA**

**Location:** Salida Outpatient

**Specialties:** Adult orthopedics, balance and stability training, manual therapy



**Margaret Schaffer, PT**

**Location:** Westcliffe

**Specialties:**



**Angie Scherffius, PTA**

**Location:** Buena Vista Outpatient

**Specialties:** Adult orthopedics, Sports medicine/return to sport, manual therapy

## PHYSICAL THERAPY



**Kristi Spanier, PT, DPT**

**Location:** Salida Outpatient

**Specialties:** Sports medicine/return to sport, adult orthopedics

**Certifications:** Trigger point dry needling, active release manual therapy, blood flow restriction therapy



**Alice Smyth, PT, CLT, PORi**

**Location:** Salida Outpatient

**Specialties:** Oncology, lymphedema, chronic venous insufficiency

**Certifications:** Lymph Drainage Therapy, PORi Certified Oncology Rehabilitation Specialist, chemo toxicity and oncology, chronic pain/trauma, trigger point dry needling



**Steven Stroup, PT, DPT**

**Location:** Westcliffe

**Specialties:** Sports medicine



**Julia Uhlendorf, PT, DPT, CLT**

**Location:** Salida Outpatient

**Specialties:** Adult orthopedics, total joint replacement, geriatrics, fall risk reduction, home safety evaluations

**Certifications:** Certified Lymphedema Therapist (CLT), Functional Dry Needling, Functional Movement Screen (FMS) Level 1, Selective Functional Movement Assessment (SFMA) Level 1, Certified Bike Fitter



**Amy Weisenhorn, PTA**

**Location:** Salida Outpatient

**Specialties:** Adult and pediatric orthopedics, balance and stability training



**Katherine Whitney, PT, DPT**

**Location:** Westcliffe

**Specialties:** Functional dry needling level 1, 2