

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

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



REHAB SERVICES MANAGER

Robb Russell, PT

Specialties: Custom foot orthotics, vestibular disorders, adult orthopedics

Certifications: Trigger point dry needling

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

OCCUPATIONAL THERAPY



OUTPATIENT SUPERVISOR

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



Selena Kampstra, OTR/L

Location: Hospital Inpatient

Specialties: Acute care, critical care, geriatrics



Kristi McConnell OT, CHT

Location: Salida Outpatient, Hospital Inpatient, Buena Vista Outpatient

Specialties: Hand Therapy, Manual Therapy, Geriatrics, Kinesiotaping

Certifications: Certified Hand Therapist, Astym Certification, Certified Yoga Instructor



Karyn Scott, OTR/L

Location: Buena Vista Outpatient

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



Aleah Vallevona, Certified Occupational Therapy Assistant (COTA)

Location: Hospital Inpatient

Specialties: Acute care rehab, critical care, geriatrics



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)

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



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)

PHYSICAL THERAPY



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)



Walt Hafner, PT, DPT, CF-OL1

Location: **Buena Vista Outpatient**

Specialties: Sport Medicine/return to sport, adult orthopedics

Certifications: CrossFit level 1 trainer online



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



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



Jannah 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

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



Briana 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

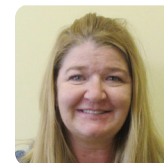


Cristina Cuadros, OTR/L

Location: **Hospital Inpatient**

Specialties: General medical, Elective joint replacements

Certifications: National Board Certification in Occupational Therapy



Teresa Damkoehler, Certified Occupational Therapy Assistant (COTA)

Location: **Hospital Inpatient**

Specialties: Acute rehab, pediatrics, early childhood intervention

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



Rosi Blaesius, PT

Location: PRN: **Westcliffe Outpatient**

Specialties: Adult orthopedics, neurologic conditions, bilingual: medical German



Ryan Girrbach, 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



Joseph Montoya, PTA

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

Specialties: Acute care rehab, critical care, adult orthopedics



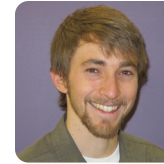
Beth Sather, PT, DPT

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

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

Certifications: Trigger point dry needling

PHYSICAL THERAPY



Jared Knappe, PT, DPT

Location: **Salida Outpatient**

Specialties: Adult orthopedics, sports medicine, vestibular disorders

Certifications: Trigger point dry needling, blood flow restriction 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



ACUTE CARE SUPERVISOR

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



Clara Parker, PT

Location: **Buena Vista Outpatient**

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

PHYSICAL THERAPY



Jason Pascoe, PTA

Location: Buena Vista Outpatient

Specialties: Adult orthopedics, balance and stability training



Sarah Pridemore, PTA

Location: Salida Outpatient

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



Angie Scherffius, PTA

Location: Buena Vista Outpatient

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



Anna Skaggs, PT, DPT

Location: Salida Outpatient

Specialties: Sports medicine/return to sport, adult orthopedics, student athletes

Certifications: Trigger point dry needling



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

PHYSICAL THERAPY



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

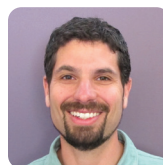


Laura Williams, PT, DPT, WCS

Location: Salida Outpatient

Specialties: Women's pelvic health, adult orthopedics

Certifications: Board certified in women's health physical therapy (WCS), trigger point dry needling



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