

*Board-Certified Geriatric Clinical Specialist*

Being of service and inspiring change are what make my heart sing. As a physical therapist, I get to do that daily. I started my career in inpatient rehab and became the Physical Therapy Team Lead within a year. I am now transitioning to treating in the outpatient setting and utilizing my new Pilates instructor training to help older adults not only recover, but truly gain strength and power to thrive. Over the last two years, I've expanded my ability to impact older adults through founding The Senior Centered PT blog and YouTube channel, where I actively collaborate with other healthcare professionals to provide awareness, education, and resources for topics that affect older adults. As a co-advocate for the state of Nevada for the Academy of Geriatric Physical Therapy, I have also been able to serve my home-town community through presentations for the Alzheimer's Association, writing letters for Letters Against Isolation, and teaching Tai Ji Quan Movement for Better Balance. I believe that older adults can accomplish anything they desire and that physical therapists can empower them to do so.