



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 **9 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 | Dry Needling Specialist + AAT Specialist

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.



Ashley Waggoner | Physical Therapist | Orthopedic Specialist

Education

Ashley received her bachelor's degree in biology from Vassar College in 2008. In search of a career where she could help people recover, she attended Healing Mountain Massage School and graduated in 2012. She worked as a massage therapist for six years before realizing she could do even more as a physical therapist. She received her Doctorate in Physical Therapy from Regis University in 2021. Ashley is hoping to further her education in orthopedics, hand therapy, pelvic floor therapy, and dry needling in the future.

Specialty

Ashley believes in the importance of building a relationship with every patient. Taking time to find out what matters to each individual allows her to focus her treatment on getting them back to the things they love. She uses a combination of manual therapy, exercise prescription, and education to help patients achieve their goals.

Philosophy

Ashley enjoys treating all orthopedic conditions especially in the spine, shoulder, elbow, wrist, and hand. She has worked with elite level rock climbers both as a massage therapist and a physical therapy student to keep them healthy and climbing hard.

Life

Ashley has been rock climbing for the last eleven years and can usually be found bouldering in the mountains on the weekends. She also enjoys trail running around Boulder with her husband and her dog, Wally.



Ariana Oliveira | Physical Therapist | Orthopedic Specialist

Education

Ariana received her Bachelors in Science, Kinesiology from Louisiana State University, Baton Rouge in 2014. She went on to receive her Doctorate of Physical Therapy from University of St. Augustine, Austin, TX in 2018. She then worked in outpatient orthopedics while attaining her manual therapy certification.

Specialty

Ariana is a Manual Certified Therapist. Ariana has been working with Orthopedics and Sports since 2019. Her certification focuses on rehabilitating those with cervical, thoracic, lumbar, hip, knee, ankle/foot, shoulder, elbow, wrist/hand injuries. She focuses on restoring functional mobility through manual therapy, motor control, and strengthening. She also has experience working with pediatric and neurological conditions.

Philosophy

Ariana's goal is to get her patients back to performing activities that they love with full function and mobility. She wants to provide her patient's with long term tools to help keep her patients active and pain free.

Life

Ariana is from Austin, TX and relocated to Colorado at the end of 2020. She enjoys trail running and hiking with her two dogs and boyfriend. She also enjoys trying out new restaurants and different types of food. Traveling and anything outdoors makes her happy.



Carly Beukman | Physical Therapist | Orthopedic Specialist

Education

Carly received her Bachelors in Exercise Science, Kinesiology from California State University, Long Beach in 2010 and went on to receive her Doctorate of Physical Therapy from CSULB in 2015. Carly is a Fellow of Applied Functional Science through the Gray Institute, and is working on becoming certified in PostPartum Corrective Exercise.

Specialty

Carly has been working primarily with Orthopedics and Sports since 2015. She has focused on running analysis through continuing education, and sports-specific recovery working with high school athletes on the field and on-site in training rooms. Her fellowship training emphasizes whole chain movement analysis and restoring functional strength and motion. Carly has extensive experience with ankle, knee, hip, and lumbopelvic injuries, shoulder injuries, and post-operative care.

Philosophy

Carly is passionate about physical therapy, and using the tools of exercise and manual therapy to restore optimal function and to get patients back to the lives they love. She believes no injury occurs in isolation, our bodies are interconnected in how they move and function in health as well as in dysfunction. Being able to see the big picture to solve the individual problems helps with long lasting recovery.

Life

Carly recently relocated from California with her husband. She enjoys running, hiking, camping, and is looking forward to exploring all Colorado has to offer.



Chantal McDonald | Physical Therapist | Orthopedic Clinical Specialist | Dry Needling Specialist | TMJ Specialist | Manual Therapy + Graston 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, Trigger Point Dry Needling, Graston Technique and IASTM, Blood Flow Restriction Training, and as an Advanced Practitioner in RockTape/Kinesiotape Application. She has extensive experience in treating all orthopedic conditions and is well versed in up-to-date treatment approaches for the spine, extremities, and TMJ.

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

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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 | Orthopedic Specialist | Dry Needling Specialist | Counterstrain Specialist | Manual Therapy Certified

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.care.

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.



Creighton Thompson | Physical Therapist | Orthopedic Specialist

Education

Creighton received his Bachelors degree in Exercise, Nutrition, and Health Sciences from the University of Nebraska-Lincoln in May 2013. He then returned to his home state of South Dakota and attended the University of South Dakota for his Doctorate of Physical Therapy degree, receiving his degree in May 2020. Creighton is looking forward to continuing his education, planning to seek out a dry needling course and orthopedic certification in the future.

Specialty

Creighton has experience with most orthopedic conditions throughout the body. He is comfortable with the shoulder, elbow, hip, knee, ankle, and spine regions. He also has experience with neurological conditions and overall balance dysfunction. Throughout his clinical internships, Creighton served a variety of age ranges from young athletes to elderly population. Creighton addresses each case with a multi-faceted approach, using all of the tools a PT has to offer including therapeutic exercise, manual therapy, modalities, and pain science education.

Philosophy

Creighton believes in individualized treatment, addressing each patient's specific problems and goals and having detailed purpose behind each intervention. He strongly believes in evidence-based practice, utilizing the most recent research and knowledge available to drive his plans. He recognizes that psychology and emotional health can play a large role in rehab, and will do anything he can to help his patients succeed during recovery. Overall, Creighton wants to return every patient to optimal function and best quality of life, focusing on the long-term picture.

Life

Creighton recently moved here from South Dakota with his girlfriend, after meeting in doctorate school. He has loved his time here in Colorado so far, a major upgrade in scenery. In his free time, he loves exploring the outdoors whether it's hiking, camping, or scenic drives. His favorite sports to play are golf and basketball, appreciating that golf is possible during winters here. He wants to return to snowboarding, as he feels like it is a requirement to do winter sports as a CO resident.



Erin Jensen | Physical Therapist | Orthopedic Specialist | Dry Needling Specialist | AAT Specialist | Manual Therapy Certified

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 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.



Miranda Whitley | Physical Therapist | Orthopedic Specialist

Education

Miranda is a Colorado native who received her Doctor of Physical Therapy degree in 2019 from the University of Colorado Anschutz Medical Campus. She has a life-long interest in human movement inspired by her dance training in high school, as well as a love of yoga that led her to become a certified yoga instructor in 2010. Prior to studying physical therapy, Miranda also earned degrees in Studio Art and Spanish Language and Literature from the University of Colorado Boulder in 2014.

Specialty

Miranda treats patients with orthopedic conditions throughout the body, including post-operative care. She enjoys healing pain and dysfunction at the ankle, knee, hip, shoulder, temporomandibular joint (TMJ), and spine. She has experience with dizziness, imbalance, concussion, and vestibular conditions. Miranda also enjoys helping patients manage and heal from pelvic floor conditions such as pelvic pain, incontinence, and postpartum care.

Philosophy

Miranda treats physical therapy conditions not only within an appropriate medical context, but within the context of each patient's lifestyle and goals. She strives to meet patients wherever they're at in their physical and emotional healing after injury or illness. She prioritizes explaining the evidence-based rationale behind how treatments relate to her patients getting back to living a life they love.

Life

On the weekends you will find Miranda hiking, doing yoga, salsa dancing, or traveling with her fiancé Mischa. She also loves to go to art museums, discuss art, as well as drawing and painting her own creations. She is grateful to have strong roots in Colorado, with an amazing group of friends and family in Boulder and Fort Collins.



P: 303 666 4151

F: 303 666 4166

COALCREEKPT@GMAIL.COM

WWW.COALCREEKPT.COM

LOUISVILLE

**315 W. SOUTH BOULDER ROAD
SUITE #100 + 209 | LOUISVILLE, CO**

BOULDER

**350 BROADWAY STREET
SUITE #50 | BOULDER, CO**