

I like to believe that everything happens for a reason. So, after experiencing countless injuries throughout my high school and college golf career, I knew something good would come of it. As a result of my injuries and rehabilitation, I was inspired to become a physical therapist.

I was first introduced to Ron Hruska and the Hruska Clinic as a patient in 2001. Although numerous doctors and physical therapists could not explain (nor relieve) the upper back pain that I experienced when I would breathe, Ron and Jason provided me with hope (and relief)! I was immediately intrigued by the Postural Restoration approach to physical therapy, and knew that I wanted to learn more. My exposure to Postural Restoration as a patient influenced my decision to return to the Hruska Clinic and complete a nine week clinical rotation experience during physical therapy school. As a result of the excellent education that I received from my clinical instructor, Lori Thomsen and the entire Hruska Clinic staff, I developed a strong passion for Postural Restoration and came to know that it would be the foundation of my career. I look forward to continue attending courses offered by the Postural Restoration Institute, and share my knowledge and passion in this unique approach with my patients and other healthcare professionals.

To this day (eight years later), I continue to benefit from Postural Restoration myself. I recently began interdisciplinary treatment with TMJ specialist, Dr. Michael Hoefs for chronic headaches. This treatment, in combination with Postural Restoration exercises has significantly reduced my headaches!

I could not be more excited to begin my physical therapy career at the Hruska Clinic, and feel that I landed my dream job! I received my physical therapy education at Rockhurst University in Kansas City. During this time, I also had the opportunity to serve as a Graduate Assistant Athletic Trainer with the Rockhurst athletic teams. I received my undergraduate degree in Athletic Training from Nebraska Wesleyan University, where I also participated in golf.

My cat, Sonny and I are excited to be back in Nebraska, close to family and home of the Cornhuskers! No matter what season, you will typically find me at a Husker game. I enjoy spending time with my family and friends, playing sports (especially golf), and trips to the lake during the summer.