

Jennifer is a Casper native and earned a Bachelors degree from the University of Wyoming then graduated from Regis University in Denver, Colorado with her Doctorate of Physical Therapy.

Jennifer provides quality, patient centered care here at Complete Physical Therapy. She was initially drawn to physical therapy after attending her dad's physical therapy visits post ACL surgery.

Jennifer sustained a lumbar disc injury while playing soccer at the University of Wyoming from heavy lifting. Several pain medications and muscle relaxers later, she was still injured. Fortunately, she was treated by a physical therapist who provided the first real relief she had experienced. This meant less numbness and tingling in her left leg and finally a handle on her back pain. Eventually her care led to a recovery allowing her a successful return to sports.

Physical activity has always been important to her. She has cross country skied since high school, played soccer since she was 6 and competed in several

triathlons up to full Ironman distance. While still competing in some events, she enjoys spending time with her husband and kids.

Jennifer's tenacious ability to compete and an awareness of what that takes has led her to gaining the title of Physical Therapist of the year in 2013 for the state of Wyoming. She is certified in trigger point dry needling, Sportsmetrics for ACL injury prevention. Jennifer believes in practicing evidence based medicine focusing on research based interventions to care for patients.