We invite you to be a part of these educational & clinical programs offered at CU Sports Medicine and Performance Center for women in sports medicine. Call 303-315-9900 for more information, or visit www.cusportsmedcenter.com

**Girls Huddle**
- Free hour long educational health series for high school aged female athletes who participate in any sport. Topics discussed are issues specific to female athletes during this phase of their lives. Facilitated by Sherrie Ballantine, DO with guest speakers
- Contact: Sara Abrams, ATC

**Get Your Head in the Game: Concussion care for your athlete**
- Physician and physical therapy services in clinic to evaluate, guide and manage all aspects of your concussion recovery from early symptoms to return to play.
- Contact: Sara Abrams, ATC
- Additional staff involved: Sherrie Ballantine, DO; Ann McNamara, PT, MPT; Pam Andringa, MSPT; Kate Dean, CMT, LMT, Craniosacral Therapist

**ACL Injury Screening and Prevention Program (Coming Soon!)**
- This program includes both individual athlete and team evaluations.
  - The individual athlete will receive an assessment including movement analysis and one on one training sessions with a Physical Therapist. Check with your insurance for coverage of this service, cash pay also available
  - The team evaluation is a cash pay service based on the number of players attending. Session includes individual athlete assessment with movement analysis, training of coaches, and one or more team training sessions.
- Main point of contact: Christy Barth, MS, PT, CSCS
- Additional staff involved: Aaron Castonguay, DPT, CSCS, CAFS; Chris Cook, MSPT; Erica Meyer, MSPT, OCS; Kristen Stangel, DPT; Patty Tomlin, CSCS, Certified Pilates Instructor

**Getting Back to You: Active Steps for Post-Partum Success (Coming Soon!)**
- This four class series includes both lectures and active learning. Topics include thumb and wrist care, strength, and lifting techniques; pelvic floor dysfunction and management; massage and baby massage; return to sport safely
- Main point of contact: Christie Stevens, PTA
- Additional staff involved: Kim Raupp, PT, Certified Hand Therapist; Kate Dean, CMT, LMT, Craniosacral Therapist; Sherrie Ballantine, DO; Rachel Brakke-Holman, MD; Patty Tomlin, CSCS, Certified Pilates Instructor
- Pelvic Floor Contact: Chelsea Holt, PT, DPT
Moving Through Menopause (Coming Soon!)

- Please join us for this lecture series for women entering and moving through the stages of menopause. Speakers from our clinic and community will address various topics including hormonal changes and hormone replacement issues, dietary recommendations for weight control, and special considerations for sport and exercise.
- Main point of contact: Suzanne Phillips, PT, CLT-UE
- Pelvic Floor Contact: Chelsea Holt, PT, DPT
- Nutrition and Exercise Physiology Contact – Ryan Kohler, MS, CSCS

CU Perform

- Full spectrum specialized health care including diagnostics, physician care and physical therapy for performing artists, dancers, & musicians.
- Main point of contact: Sara Abrams, ATC
- Additional staff involved: Sherrie Ballantine, DO; Pam Andringa, MSPT; Carol Thiele, PT, Certified Pilates Instructor; Lindsay Donath, DPT, ATC; Patty Tomlin, CSCS, Certified Pilates Instructor

Meet Our Center Experts:

Sara Abrams, ATC

Sara Abrams is an athletic trainer in her second year at CU Sports Medicine and Performance Center. She joined our sports medicine team after doing a fellowship with Track and Field/Cross Country at the University of Colorado. Sara earned her bachelors of science degree in athletic training from Purdue University in 2012 and furthered her education by obtaining her master’s degree in health administration from Ohio State University. A native of Lafayette, Indiana, Sara enjoys hiking and gardening.

Pam Andringa, MSPT

Pam Andringa is a Physical Therapist who specializes in the care of the Performing Artist and rehabilitation of the Concussed Athlete. With her past experience as both a college gymnast and dance and music performer, she has first-hand experience with the specific demands of the performing arts and is able to focus rehabilitation on the needs of the artist/athlete. She also has previous work experience in pediatric rehabilitation and traumatic brain injury, which has made concussion rehabilitation a natural focus.
Christy Barth, MS, PT, CSCS

Christy brings over 27 years of experience in outpatient sports medicine. Her interest and expertise are using a biomechanical approach to injury and recovery. She helped develop the current running gait assessment at CU Sports Medicine and Performance Center, utilizing Dartfish Video to assess running mechanics in combination with musculoskeletal evaluation, gait modification strategies, and orthotic fabrication. She developed the movement assessment/program to guide young female athletes in ACL injury prevention. Research shows, work on strength/balance/proprioception and training in proper alignment can go a long way. Her treatment approach includes manual therapy, exercise prescription and Trigger Point Dry Needling. Outside of the clinic Christy enjoys cycling, hiking, volleyball, skiing and being outdoors with family.

Aaron Castonguay, DPT, CSCS, CAFS

Aaron hails from the east coast with sport and orthopedic clinical experience from New York City on Wall Street and with the Williams College affiliated Williamstown Physical Therapy. While at Ithaca College in upstate NY he competed in both football and track & field varsity sports. Aaron specializes in movement analysis with functional training and manual therapy treatment mixes to get you back to the activities you love! You can find Aaron in the mountains backcountry skiing, road and mountain biking, sport climbing, or on the field playing ultimate frisbee, soccer and volleyball.

Chris Cook, MSPT

Chris has 16 years of experience as a PT mostly in outpatient orthopedic and sports settings. He enjoys treating knee, shoulder injuries and post-surgical patients. Chris enjoys mountain biking, climbing and hanging out with his wife and two young daughters.

Kate Dean, CMT, LMT, Craniosacral Therapist

Kate graduated from the Boulder College of Massage Therapy in December of 2007, and believes bringing awareness to the physical body and its system is essential to its function. Her work is slow paced, focused, and deep to thoroughly address the issues of her clients while also combining a variety of techniques. She loves the outdoors and is an avid hiker who also enjoys biking, running, snowboarding, snowshoeing along with many other activities.
Lindsay Donath, DPT, ATC

Lindsay, DPT, ATC is an athletic trainer and physical therapist that began her career at the University of Wisconsin-Madison. Lindsay has both on-the-field experience as well as extensive rehab experience working with various sports including football, rugby, hockey, soccer, and basketball. Lindsay specializes in hip rehab both non-operatively and operatively. She is a member of the Hip Preservation team at CU Sports Medicine and Performance Center with special interest in returning female athletes to sport. Lindsay also specializes in aquatic rehab with emphasis on lower extremity and return to impact/running progressions.

Rachel Frank, MD

Dr. Rachel Frank is an orthopaedic surgeon and sports medicine specialist who focuses on the surgical and non-surgical management of knee, shoulder, and elbow injuries. Dr. Frank earned her undergraduate degree at the University of Illinois while playing 4 years of Division I Soccer, with majors in Molecular and Cellular Biology (BS) and Spanish (BA), and her medical degree (MD) at Northwestern University’s Feinberg School of Medicine. She then completed her Orthopaedic Surgery Residency at the renowned Rush University Medical Center in Chicago, where she was a Chief Resident. After residency, Dr. Frank completed a Sports Medicine and Shoulder Fellowship at Rush University Medical Center, where she was involved with the medical and surgical care of the Chicago Bulls, Chicago White Sox, Chicago Fire, USA Rugby, and DePaul University, and a variety of local colleges and high schools within Chicago. Following this fellowship, Dr. Frank completed a Traveling Fellowship throughout Canada and Europe, training with some of the world’s best knee and shoulder surgeons to develop additional expertise in the areas of knee joint preservation surgery, advanced ligament repair and reconstruction, complex shoulder reconstruction, and techniques in OrthoBiologics. Currently, Dr. Frank serves as an Assistant Professor in Orthopaedic Surgery at the University of Colorado School of Medicine, is Co-Director of the Joint Preservation Program at the University of Colorado, and is the Biologics Physician Champion for the Department of Orthopaedic Surgery at the University of Colorado. Dr. Frank has authored or co-authored over 200 peer-reviewed journal articles, over 50 book chapters, edited 1 textbook, and presents her research both nationally and internationally at orthopaedic conferences and meetings every year. She has been recognized with the prestigious American Orthopaedic Society for Sports Medicine (AOSSM) Bart Mann Award for the Advancement of Sports Medicine Research, Orthopaedic Research and Education Foundation/ Current Concepts in Joint Replacement Clinical Practice Award; AOSSM Fellow Research Award in Clinical Science; and the Arthroscopy Association of North America Ewing Essay Award. Dr. Frank has strong clinical and research interests in both surgical and non-surgical joint preservation techniques for the knee and shoulder, including novel and minimally-invasive cartilage restoration techniques biologic therapies. In addition, Dr. Frank has a particular interest in better understanding and treating both acute and overuse injuries unique to the female athlete.
Ryan Kohler, MS, CSCS

Ryan Kohler is the manager of the Sports Performance Department. He joined Boulder Center for Sports Medicine originally in the fall of 2013. Prior to joining BCSM, Ryan spent 2 years as Manager of the BMC MTB Development Team and has been coaching with USA Cycling’s Junior MTB Development Program since 2008. Ryan has a passion for cycling and coaching, particularly in competitive mountain biking. He is a USA Cycling Level 1 Coach, USAC Certified Skills Instructor, Camp Manager for the USAC Rocky Mountain MTB Talent ID Camp, and has coached at multiple Junior and U23 MTB European Race Camps. Ryan Grew up in Scranton, Pennsylvania and moved to Colorado in 2003. He has been involved in mountain biking and racing since the age of 13 and moved to Colorado Springs to pursue his passion for outdoor sports. Ryan attended college in Pennsylvania and holds a Masters Degree in Sports Nutrition & Exercise Science from Marywood University, and has been published in the Journal of Strength & Conditioning Research in February of 2010. In addition to cycling, Ryan also enjoys telemark skiing and spending time with his wife and two boys. One of the things Ryan appreciates most about Sport Science is how it gives the everyday athlete the same resources and expertise as elite athletes to be smarter about their training and achieve amazing results. Ryan sees nutrition and coaching clients, coaches cycling classes, and runs camps at CU Sports Medicine and Performance Center.

Erica Meyer, MSPT, OCS

Erica brings over 18 years of experience as a physical therapist working exclusively in outpatient orthopedic and sports medicine settings. She is specialized in the treatment of the upper extremity, lower extremity, and spine. She enjoys hiking, skiing, running, and spending time with her husband and son exploring Colorado.

Suzanne Phillips, PT, CLT-UE

Suzanne has been an outpatient orthopedic physical therapist in the Boulder area for 28 years. She enjoys treating almost any type of orthopedic injury but particularly enjoys treating knees and shoulders, as well as total joint replacements. She also enjoys working with breast cancer patients who are experiencing lymphedema as an after effect of their cancer treatment, as well as helping them get back to an active lifestyle post cancer. She is a level two certified trigger point dry needling therapist. Suzanne thoroughly enjoys cycling, being outdoors, and playing piano but her greatest joys are her two sons Connor (25) and Logan (22).
Kim Raupp, PT, Certified Hand Therapist
Kim has been practicing physical therapy for over 27 years, 21 years as a certified hand therapist. She is well aware and experienced in the type of arm and hand injuries frequently experienced by women in all stages of life. These include: growth plate finger fractures in young climbers, new mother’s thumb tendonitis, and common later age issue of thumb arthritis. She has mainly been practicing in the orthopedic and sports medicine settings. In her free time she enjoys skiing, biking, rock climbing and kite boarding. She is an avid traveler - the more exotic the better.

Kristen Stangel, DPT
Kristen is from Northern Minnesota and brings 7 years of clinical experience in sports and orthopedics. She has previously worked at Sister Kenny Sports and Physical Therapy in MN, Howard Head Sports Medicine in Vail, CO, as well as Sports Rehab Consulting in Denver, CO. While at St. Scholastica, she competed in 4 years of college soccer and is proud to say she never tore her ACL! Kristen has a passion for treating movement dysfunction as well as rehabbing individuals from surgery through return to sport. Kristen is happiest on a bike, whether it is her mountain bike or a cruiser. She loves to backpack, glamp with her 1984 pop-up camper, and travel.

Christie Stevens, PTA
Christie has been practicing as an outpatient orthopedic physical therapist assistant for 16 years. She also works as an instructor within the Physical Therapist Assistant program at Concorde Career College in Aurora. Christie has been a competitive swimmer for many years and loves working with patients in the swim flume. Christie's hobbies include swimming, cycling, hiking, and traveling the world. Despite her deep affection for Virginia, she is a devoted Denver Broncos fan. Christie lived all over the United States before settling in Denver with her husband, Travis, and their furry 4-legged children. Christie became a mom last July.

Carol Thiele, PT, Certified Pilates Instructor
Carol Thiele, PT, CPI is an experienced therapist with extensive training in biomechanical analysis, training and exercise. As part of the CU Perform team, I work with rehab and continued or return to Performing Arts including dance, skate, gymnastics, etc. Identifying mechanical faults that contribute to injury and then developing an appropriate program combining training, exercise and manual skills for full recovery of the athlete is the general approach. Keeping or returning the performer to their athletic as quickly as possible is the primary goal. As a Pilates instructor, utilization of principles of stability and strength is emphasized for the often very flexible performer. Manual techniques are also utilized for recovery and to keep the athlete ON POINTE! ON SKATE! ON JUMP! I love working with these highly motivated, energetic and dynamic performers.
Patty Tomlin, CSCS, Certified Pilates Instructor

Patty Tomlin has been a Pilates instructor for 21 years, and a Certified Strength and Conditioning Specialist for 23 years. Her practice encompasses athletes and post-partum ladies to the older generation that just want to keep moving. Patty loves the variety and a challenging case. Patty has been an athlete her whole life, with running and skiing her main focus. Patty was a member of the University of Colorado ski team. She is gracefully moving into that next phase of her active life.