

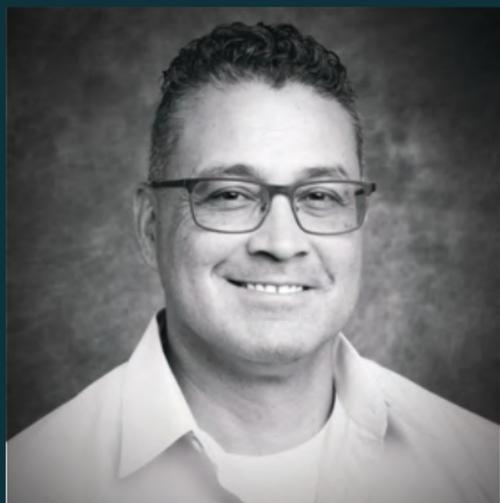


**DELTA  
HEALTH**  
A COUNTY-WIDE HEALTHCARE SYSTEM

**OUTPATIENT THERAPIES  
& SPORTS PERFORMANCE**

# **STAFF DIRECTORY 2021**





## Manuel Delgado, MS, PT

Director of Outpatient Therapies  
& Sports Performance  
296 Stafford Ln, Delta, CO 81416

970.874.2250

Manuel J. Delgado, MS, Physical Therapist, is the Director of Rehabilitation services for Delta Health. Delgado has

over 20 years of outpatient and inpatient experiences including a background in Orthopedics and Neurological patient populations, Industrial health: Functional capacity examinations, pre-employment assessments, sports performance and injury rehabilitation in the adolescent age group and professional athlete. Delgado is passionate about community engagement and working with young athletes as a coach and mentor.



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## **Betsy Botsford, PT, DPT**

**Outpatient Therapies &  
Sports Performance**

**1240 S Grand Mesa Dr  
Cedaredge, CO 81413**

**970.856.8587**

Betsy Botsford, Physical Therapist, Doctor of Physical Therapy joined Delta Health in 2020 after living in Las Vegas, Nevada for 15 years. She earned her Doctorate in Physical Therapy from the University of Nevada, Las Vegas in 2014.

Botsford has specialized in outpatient rehab with an emphasis in manual therapy based treatments. She is certified in Level 2 Trigger Point Dry Needling and is working towards her Spinal Manipulative Therapist certification. She is also experienced in Acute Care and Home Health therapy.

Botsford enjoys being outdoors and is regularly found hiking and camping in the summer and skiing in the winter. She is also a published landscape photographer and enjoys photographing all the beauty that is present on the Western Slope.



# Brian Burkhardt, PT, DPT

Outpatient Therapies &  
Sports Performance

365 W Bridge St  
Hotchkiss, CO 81419

970.872.1118

Brian Burkhardt, Physical Therapist and Doctor of Physical Therapy, graduated with his doctorate in Physical Therapy from the University of Colorado - School of Medicine in 2017. He specializes in outpatient orthopedics, but has experience working in various settings, including acute care and skilled nursing.

Burkhardt's areas of specialization include treatment of the spine, lower extremity, and shoulders. He integrates various treatment tools into his practice, including orthopedic manual therapy, spinal manipulation, and functional dry needling. Previously, Burkhardt has also worked with Uhan Performance based in Eugene, Oregon specializing in running gait analysis and coaching.

Outside of the clinic, Burkhardt leads multiple group classes in the North Fork including a Balance Class in Hotchkiss, and a Line Dance Class in Paonia. In his free time, Brian enjoys exploring the West Elk Mountains, nordic and backcountry skiing, trail running, swimming, and biking.



# Brienne Whitmire, MS, SLP

Outpatient Therapies &  
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296 Stafford Ln, Delta, CO 81416

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Brienne Whitmire, M.S., Speech-Language Pathologist (SLP) graduated from Western Illinois University with a Master's of Science degree in Communication Sciences and Disorders in May 2011. She gained clinical experience working for a small-town hospital in rural Illinois before she relocated to the Western Slope in August 2019.

At Delta Health, Whitmire practices in a variety of settings including outpatient clinics in Delta, Cedaredge, and Hotchkiss, Delta Health acute care, inpatient rehabilitation and the newly developed TPAC program (transition to post-acute care).

Whitmire has experience treating both children and adults in the areas of voice, dysarthria, dysphagia, aphasia, apraxia, articulation, receptive/expressive language, fluency, neurocognitive disorders (attention, memory, executive functioning, problem-solving), and augmentative-alternative communication systems. She has specialized experience working with neurocognitive disorders affecting communication and swallowing. Whitmire enjoys working closely with other disciplines throughout the healthcare continuum as a part of her role as a Speech-Language Pathologist. Her therapy approach is functional, dynamic, and targeted to produce the highest outcomes for each individual.



# Brooke Loucks, DPT

Outpatient Therapies & Sports Performance

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Brooke Loucks attended Brigham Young University in Provo, Utah and graduated with a Bachelor's of Science in Exercise Science where she then continued on to Physical Therapy school at Central Michigan University (Mt. Pleasant, Michigan) where she obtained her clinical Doctorate in 2006.

After graduating and working closely with many great therapists and mentors in central Michigan for 7 years she and her family decided to return to Western Colorado. Since moving to the Western Slope and working with Delta Health she enjoys working with people in sports medicine, orthopedics, vestibular, balance disorders and across the life spectrum.

Loucks feels strongly about empowering her clients to continue to be active and enjoy what they love even after they move on from physical therapy. She and her family take advantage of all that Western Colorado has to offer from hiking, biking, climbing, backpacking, Nordic skiing, snowshoeing, and snowboarding. She loves chasing her very active three boys and trying to keep her husband's bike addiction to a manageable level.



## Carly Springer, Rehab Aide 2

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& Sports Performance  
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Carly Springer is a Rehab Aide 2 and has been a part of the medical field since 2008 working with hospitals, and private practices. Family is the most important thing in Carly's life and enjoys every moment of being a mother. Carly is avid about the outdoors to better the mind, body and soul, and always be found hunting, fishing or climbing with her daughter and rottweiler. She especially enjoys working with such an amazing team of therapists. They are passionate about their jobs, clients as well as benefiting the community.

# Carol Chaffee, OTR/L

## Outpatient Therapies & Sports Performance

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Carol is an Occupational Therapist with 36 years of experience, having graduated from Colorado State University in 1984. She has since worked in a variety of treatment environments including Long Term Inpatient rehab, Acute care, OP Rehab, Skilled Nursing facilities and Home Health. Her clients have ranged in age from 6 months to 102 years young.

Carol has become specialized in hand therapy through the years, her skill set is divers, and she has treated a wide range of pediatric and adult clients. Other specialty areas include Dysphagia (swallowing) evaluation and treatment, Pulmonary Efficiency training, Home Safety evaluation and Adaptive Mobility Evaluation.

Carol is also an Occupational Therapy fieldwork supervisor and educator, training OT students at all educational levels from college program entry to graduate and post-graduate fieldwork placements. She has worked at Delta Health for 15 years.



# Devon VanDusen, OTL

## Outpatient Therapies & Sports Performance

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Delta, CO 81416

Devon VanDusen is an Occupation Therapist (OTR/L) and graduated from Colorado State University, Fort Collins, Colorado with a specialization in Pediatrics. She has been an active practitioner for 39 years. For 25 of those years, she serviced and treated children for Delta Health in both the outpatient and home settings, in developing from 0-18.

Previously, she worked at Children's Hospital in Denver, Colorado, primarily with medically fragile children, with an emphasis on resolving feeding and swallowing disorders. VanDusen is certified in Neurodevelopmental Treatment, with an additional certification in baby treatment; an approach used for cerebral palsy and other neurodevelopmental disorders.

She has a special interest in working with children on the Autism Spectrum. Numerous post-graduate trainings have included DIR/ Floortime Method, Picture Exchange Communication Systems, Social Thinking Curriculum and Augmentative functional communication systems to assist non-verbal individuals. Her passion to assist children with sensory processing challenges is paramount in her treatment focus.

Devon has a dedication to Delta County, as she grew up locally and raised her two sons here. When she is not playing with children, she can be found in her flower garden or recreating with her husband on their 35-acre homestead in Paonia, Colorado.



# Drew Rogowski, DPT

Outpatient Therapies &  
Sports Performance

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Drew Rogowski, Physical Therapist, Doctor of Physical Therapy, earned his DPT in 2014 from the University of Indianapolis. Rogowski spent three years as a traveling physical therapist working in a variety of settings and with diverse patient populations including neurologic, cardiac, pulmonary, orthopedic, and general medical/surgical impairments, both in children and adults.

Rogowski has worked in outpatient clinics and trauma centers in various states, and by far his favorite place to work is Delta Health. He said he has never worked with a better team across all hospital disciplines and is honored to call Delta home. He works in the hospital as an acute care physical therapist and his passion is working with patients immediately following their joint replacement surgery.

In his free time, Rogowski enjoys rock climbing, skiing, backpacking, mountain biking, and traveling with his wife and best friend, Erin Rogowski, as well as their furry companion, Arco.



## Emma Head, COTA/L

Outpatient Therapies &  
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Emma Head is a Certified Occupation Therapy Assistant (COTA/L) and was born and raised in southwest New Mexico. She received both her Associate's degree in Occupational Therapy and her Bachelor's Degree in Rehabilitation Services from Western New Mexico University in southwest New Mexico.

Head has worked for several facilities in the Delta-Montrose area to include: In Motion Therapy, Montrose Memorial Hospital, Colorow Care Center and Delta Health. She is passionate about her job, however, she aspires to return to school to become a full Occupational Therapist.

Head moved to the Western Slope in 2019 and loves it. She has two dogs and enjoys playing sports, working out and all things outdoors – especially hunting, fishing, kayaking, hiking and mountain biking. She also enjoys gardening; taking pictures and creating beautiful pressed flower art out of the flowers she collects from her adventures.



# Erin Rogowski, PT, DPT

## Outpatient Therapies & Sports Performance

Erin Rogowski joined the Delta Health team in 2018 as a pediatric physical therapist. She graduated from Daemen College of Buffalo, New York in 2013 with her Doctor of Physical Therapy degree.

Before joining Delta Health, Rogowski provided school-based physical therapy services for rural school districts in Western New York from 2013-2015. She transitioned to travel physical therapy in the summer of 2015 and met her husband, Drew Rogowski, Delta Health's acute care PT. Together they traveled to California and Alaska providing PT services for adult and pediatric populations in areas of need.

Rogowski has experience in acute care physical therapy at level I and II trauma centers as well as outpatient orthopedic, neurologic, and pediatric clinics. She is most passionate about working with children of all ages and stages of development with orthopedic, musculoskeletal, vestibular, or neurological impairments or developmental delays. She uses a variety of modalities to best meet the child's needs including but not limited to Kinesio tape, Functional Electrical Stimulation (FES), and aquatic therapy. She also works closely with orthoptists and equipment vendors to obtain specialized medical equipment for those in need. When she is not at work, Rogowski enjoys exploring the outdoors with her husband and puppy.

### Delta

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### Hotchkiss

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### Cedaredge

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Cedaredge, CO 81413  
970.856.8587

### Aquatics

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531 Palmer St  
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# Joyce LaBounty, OTR

Outpatient Therapies  
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Joyce LaBounty, OTR has worked for Delta County Memorial Hospital for over 20 years. Joyce primarily works in the acute care setting and outpatient rehab. Joyce assists with wheelchair evaluations and home assessments to improve a patient's independence and safety in their home and community. Joyce has completed certification training as a Ride Designs Custom Systems Practitioner for wheelchair seating. Joyce enjoys working with her patients to help them with reaching their highest level of independence with functional activities after an injury or illness.

Joyce traveled as an Occupational Therapist for several years working in various settings across the United States before settling in Delta County, Colorado. Joyce and her family love living on the Western Slope of Colorado and all the outdoor adventures to enjoy.



# Kasi Snook, PT, DPT

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Kasi Snook, Physical Therapist, Doctor of Physical Therapy (DPT), is part of the Rehab Outpatient department at Delta

Health as well as the Transitions Post-Acute Care program at Delta Health. Snook is an ACE personal trainer and is also Instrument Assisted Soft Tissue Mobilization (IASTM) certified.

Raised in Idaho on a dairy farm, Snook learned to work for what she wanted and that is what inspired her to become a PT. She saw the stress her father's body has been through and continues to endure while working on the farm. She wanted to be able to help people like him be as functionally mobile with decreased pain to improve their quality of life.

Snook moved to Colorado with her husband and felt the area fit them with the outdoor opportunities for their family. Her husband is also a Physical Therapist that works for the Home Health department at Delta Health.

Snook enjoys educating and assisting individuals with improving strength, mobility, balance and functional motions of everyday life. She enjoys learning and growing to become a better PT for the community.



# Kevin Graham, MS, PT

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Kevin grew up in Gunnison and was trained at Colorado State University where he received his MSPT the University of Kansas Medical center.

Professionally, Kevin has worked with Orthopedists, nursing and medical equipment manufacturers to develop pre-surgical education, acute post-surgical pain management and subacute rehabilitation procedures to minimize pain and optimize recovery so a surgical client can reach their full potential. With this team we developed a Joint Replacement center that was nationally recognized as a top performing program.

Kevin's passion is guiding and facilitating people to gain control of their recovery and reach the goals they thought were beyond their capability.

He enjoys skiing, biking and boating with his friends, 2 daughters and beautiful wife.



## Kevin R. Johnson, PT, DPT, TPS

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Kevin is a seasoned physical therapist who graduated from the University of Colorado Anschutz Medical Campus with a doctorate in physical therapy in 2009.

His journey to become a physical therapist began in his youth as he watched his dad attend PT school and later start up his own practice.

Kevin has been on the receiving end of physical therapy on more than one occasion due to various injuries and surgeries. He therefore understands the patient with added clarity that only someone who has been through the recovery process can. He knows what it feels like to work with pain during recovery and he gets how discouraging it is when set-back or re-injury occurs. Kevin also knows first-hand the exhilarating feeling of overcoming debilitating challenges and works hard to help his patients experience this.

While he enjoys treating a variety of conditions, Kevin has a deep love for helping those who live with chronic pain. He became a certified therapeutic pain specialist in 2020. By incorporating pain neuroscience education into his treatments, he is able to improve understanding and help clients rehabilitate their pain while decreasing dependence on medications.

In 2014, Kevin began working for Delta Health. Since that time, his family has doubled in size! He has four beautiful children and an amazing wife. He loves spending his free time with them exploring the great outdoors and going on new adventures. His kids think it's great that their dad spends all day helping people. And he agrees with them!



## Kristian Hill, MS, PT

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Kristian was born and raised in Colorado. She has 28 years of experience. She graduated from University of Colorado Boulder with an undergraduate degree in Kinesiology. She then earned her Master's of Science in Physical Therapy degree from Pacific University, Forest Grove, OR. Her first job out of PT school was as a traveling PT which allowed her to practice in a wide variety of settings throughout the US. She settled in Northern California for 20 years and worked mostly in outpatient orthopedic clinics and inpatient brain injury settings. Kristian has been with Delta Health since 2008, except for a year-long hiatus she took to travel abroad with her family.

She enjoys working with all patient populations, especially in rural settings. She believes that successful rehabilitation is a combination of guided therapeutic exercise and manual therapy techniques. She is dedicated to her patients and her greatest professional reward is helping people return to their best quality of life.

Outside of the clinic, Kristian spends her time skiing, cycling and hiking with her husband and daughters. She is always planning for future travel abroad and the adventures it brings.



## Laura Lopez, Front Office Coordinator

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Laura Lopez is the Rehabilitation Coordinator with 17 years of experience in hospital setting. It is an honor to work alongside such knowledgeable, friendly, courteous, and caring people. Laura enjoys using her skills and experience to contribute her service to our patients, Therapist and our referring Doctors.



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# Marla True-Carlson, OTR, CLT

## Outpatient Therapies & Sports Performance

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Marla True-Carlson, Occupational Therapist, has been working in therapy for 28 years and loves it. She connects with individuals who are experiencing physical, social-emotional, mental and/or cognitive dysfunction, and she assists them in optimizing their abilities as directed by their goals.

While working at Delta Health, Marla has had the opportunity to work with people with a variety of diagnoses, and in a variety of settings, which she loves because she never gets bored. True-Carlson is also a certified lymphedema therapist, and specializes in working with individuals with pulmonary disease. She loves working for Delta Health because she believes she is part of a team that always puts their client's needs first.

Marla's favorite quote is: "A generous heart, kind speech, and a life of service and compassion are the things which renew humanity" -Buddha



# Melanie Davis, MS, PT

## Outpatient Therapies & Sports Performance

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Melanie Davis graduated from East Carolina University in 1993 (BSPT). She worked in the pediatric field for the first 20 years of her career. She has always

had a passion for rural health care and worked in under-served areas of the Appalachian mountains of NC in the home health field and school districts. In addition, she worked with the 0-3 population in rural Indiana for several years.

Since starting work at Delta Health in 2013, Davis shares her work time between the acute care setting of the hospital and treating patients in an aquatic setting (pool) at Bill Heddles Recreation Center. She is passionate about treating PT patients in the pool because this modality is a great option for patients who are not tolerating land based therapy well. The aquatic setting provides a de-weighted environment which some patients need to facilitate their recovery.

Davis has volunteered with various adaptive ski and outdoor programs (such as TASP-Telluride Adaptive Ski Program) and hippotherapy programs in NC. Her passion is to help people get back to doing what they love and adapting therapy programs to enable people to not only get stronger physically, but mentally as well (holistic approach).

In her leisure time, Davis can be found hiking, wading in creeks and rivers, and snow-shoeing the mountains with her husband, kids, and golden retriever!



# Peter Brown, PT, DPT

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Peter Brown, Physical Therapy (PT), and Doctor of Physical Therapy (DPT) earned his Doctorate of Physical Therapy from

the University of Indianapolis in 2014, following a decade working in the landscape industry. After working as a PT on the multi-visceral transplant and oncology teams for Indiana University Health in Indianapolis, Indiana, Peter and his wife traveled west, and found their home in Delta.

Brown has been a member of the Delta Health Rehabilitation team since 2015, and has enjoyed becoming a member of the Delta community. Brown is motivated by the belief that life is better with quality movement at any age. He enjoys being creative in helping his patients achieve their goals, whether they are a high school athlete wanting to return to competition after an injury, a person recovering from joint replacement surgery, or an elderly patient just wanting to remain independent in their home. While enjoying working with all types of patients, Brown is especially passionate about helping patients with balance, dizziness, and vestibular disorders, and has taken specialized training in this area.

In his spare time, he thoroughly enjoys all the recreational opportunities that the Western Slope has to offer, especially rock climbing, bow hunting and fly fishing.



# Sandra Whitmire, MS, SLP

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Sandra graduated from Western Illinois University with a Master of Science degree in Communication Sciences and Disorders in 1990. Sandra's previous education includes an Associate of Arts in Physical Therapy as a physical therapist assistant, (15 years experience), and a Christian Education degree. She and her husband, Randy, of 46 years, have lived and worked in a variety of settings and states, i.e. Illinois, Alabama, Missouri and Colorado. Work settings have included hospitals, long term care, acute rehab, private clinics, home health, and schools.

Sandra has experience treating both children and adults in the areas of voice, dyarthria, dysphagia, apraxia, aphasia, articulation, receptive/expressive language, fluency, and neurocognitive disorders (attention, memory, executive functioning, problem solving). Sandra is also interested in feeding problems for infants and children and sensory integration deficits for children, having worked with this population and attending many conferences.



# Stacie Blackwell-Ochoa, PT

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Stacie Blackwell-Ochoa is a Physical Therapist with a certification as a Lymphedema Therapist. She received her PT degree from the University of Ulster in Belfast, Northern Ireland. She spent 4 years practicing in England, and then returned to Western Colorado. She has experience in cardiac rehabilitation and currently serves patients in Cancer Rehab as well as treatment of edema of all types. When Ochoa is not at work, she enjoys spending time with her husband and two amazing children. A few of her favorite things are the outdoors and her many animals.



## Teresa DeAnda, SPT

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Ms. DeAnda has over 25 years experience evaluating and treating adults and pediatrics with speech, language, voice and swallow disorders. She applies evidence based treatments as well as oral laryngeal motor sensory techniques, music therapy, language discourse, and play for the little ones. Teresa is a hobby musician and performer and has a specialty in treating vocal problems involving speaking and singing.

She is joining the DCMH outpatient pediatric team focusing on increasing speech, language and oral swallow skills for the children in the community.



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## Tyler Metroff, OTR/L

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Tyler Metroff is a licensed Occupational Therapist (OTR/L) working towards his certification in hand therapy. Along with his experience with hand therapy, he has a strong background working on injuries and complex post-surgical care of elbows and shoulders. As a licensed therapist, Metroff enjoys the full spectrum of Occupational Therapy working with injured or physically impaired patients to improve activities of daily life.

Metroff practices a holistic approach, emphasizing a client-centered focus to therapy while also maximizing outcomes. Before his current position, Metroff worked as a hand therapist in Vermont, was a personal trainer for cancer patients, and was a coordinator for the Make a Wish Foundation.

Metroff makes it a priority to treat patients as a person and not simply as their diagnosis. By creating custom-tailored exercise routines and orthotics, Metroff will ensure your healing continues to progress long after your therapy is complete.