



**TETON VALLEY
HEALTH CARE**

Partners in Health for a Lifetime

120 East Howard Avenue, Driggs, Idaho 83422
208-354-2383 www.tvhcare.org



Meet the Staff at High Peaks Physical Therapy

Hi, my name is Rose Raube, PTA. I grew up on the beach in Atlantic City, New Jersey, the last of 9 siblings. I moved to Alta, Wyoming permanently in 2004 with my husband of 22 years, Paul, and our 2 children Reilly and James.



I have been a Physical Therapist Assistant for 21 years. My first 15 years as a P.T.A., I worked mostly acute care trauma and rehabilitation at a large trauma hospital in southern New Jersey.

Since moving to the Valley, I have been employed by High Peaks Physical Therapy. I currently work with various clients from pediatrics to home health, acute care to outpatient therapy. You can also find me at the pool teaching aquatic exercises or at the arena for hippo-therapy. My goal is for my patients to meet their rehab goals, but also to make them smile or laugh during therapy. I enjoy working with all ages, but I love the geriatric population most of all.

Elaine Spang CMT, PTA moved to Jackson, Wyoming in 1977 from Dayton, Ohio on a summer adventure. Summer turned to fall turned to winter turned to 33 years living in the Tetons. Elaine spent many years trying her hand at various jobs including: refinishing furniture, sewing, cooking, baking, waiting tables and tending bar. Inspired by her good friends in the health care profession she attended massage school and became a Certified Massage Therapist.



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Elaine graduated from the PTA program at Idaho State University in 1999 and worked at Bannock Regional Medical Center for 2 years; one in Acute/Transitional Care and one in the outpatient clinic. In 2001 she returned to Teton Valley to work for High Peaks Physical Therapy and her mentor Judy Baumgardner.

Elaine is a skilled manual therapist including various massage and bodywork modalities: Myofascial Release, Trigger Point Release, and Neuromuscular Therapy. She has extensively studied Aquatic Therapy and helped develop the existing program offered by High Peaks Physical Therapy. She is also a Certified Kinesiotaping Practitioner.

Elaine has been an avid telemark and nordic skier, cyclist, hiker and swimmer. She also enjoys gardening, renovating her home and making elaborate quilted art pieces.

Michelle Bodenhamer, DPT, graduated from the University of Iowa in 2002 with a B.S. in Exercise Science and received a Doctorate of Physical Therapy from the University of Puget Sound in 2006. Michelle lived in Colorado for three years working as a traveling physical therapist and moved to Driggs in 2009. She enjoys working with a broad spectrum of patients in settings including acute care, inpatient rehab, skilled nursing, and outpatients.



Michelle's professional interests and skills include cardiopulmonary strengthening, orthopedics, neurologic re-education, balance training, and managing chronic pain. She particularly enjoys working with the geriatric population. Michelle has received continuing education with kinesiotaping and is interested in continued development of the skills needed for the varied needs of this community including vestibular rehab, chronic pain, sports rehab.

Michelle spends her time outside of work adventuring in the outdoors. She has worked for Outward Bound in Colorado the previous 3 years instructing mountaineering and backpacking courses. She continues to work occasional courses for the organization. She is passionate about skiing, particularly ski mountaineering in the back country. She has skied various 13,000 -14,000 foot peaks in Colorado, skied the Wapta Icefields and surrounding peaks in Canada, and last spring explored ski mountaineering in the Tetons.

Hi, I'm Heather Evans, MS, OTR/L. I have been practicing as an occupational therapist for 9 years. I hold a Bachelor's and Master's degree in Occupational Therapy from Western Michigan University. I grew up in the upper peninsula of Michigan and practiced at a rural hospital for 5 years before moving to Teton Valley.



I am a certified lymphedema therapist, specializing in lymphatic drainage and compression bandaging for individuals with lymphedema and chronic venous insufficiency. I also am experienced in hand therapy, including custom splinting. I do consider myself a "generalist" occupational therapist. I see patients from ages 3 through the elderly, with a variety of conditions including orthopedic, neurological and developmental.

My work encompasses a variety of settings, including acute inpatient, outpatient, and home health. My focus is improving independence in everyday activities, which can involve retraining activities of daily living, completing home safety assessments, and educating in adaptive equipment and energy conservation.

I enjoy the slow paced life of this valley and consider myself an outdoor enthusiast. I especially enjoy competing in triathlons in the summer and skate skiing in the winter. But most importantly, I just love spending time with my husband, Matt, daughter Ava, and our lab Isis.

Meet the Owners of High Peaks Physical Therapy -

Judy Baumgardner MS, PT and Lou Parri, MSW

Judy M. Baumgardner, M.S., P.T.

Master's Degree with Specialty in Orthopaedic Physical Therapy

-University of Pittsburgh, PA

Certificate in Physical Therapy -University of Pittsburgh, PA

B.S. in Health, Physical Education and Recreation -

Lock Haven University, PA



- Over 30 years of experience in physical therapy
 - 23 years of contracting with Teton Valley Hospital
 - First physical therapist at Teton Valley Hospital-began and expanded the program to include occupational and speech therapy, pediatric program, aquatic therapy, wellness program
 - Certified Personal Trainer and Strength Trainer
 - Clinical Instructor for physical therapy students from various universities for more than 20 years
 - Member of the American Physical Therapy Association and the Orthopaedic and Sports Medicine Sections
 - Provide physical therapy services to Teton High School boys and girls soccer teams since 2006
 - Ergonomic evaluations performed in various settings
 - Training and experience in chronic pain management using integrative approach
 - Averages greater than 50 hours of continuing education courses per year
 - * Advanced certifications in spinal, SI joint and extremity orthopaedics
 - * Certified in Pre and Post Natal Education
 - * Certified Kinesiotaping Practitioner
 - * Certified in casting for orthotics -Sole Supports
 - * Aquatic therapy coursework
 - * Women's health issues including biofeedback for incontinence
 - Provides scholarships for Teton High School graduates since 2005
- Teton Valley Education Foundation board member
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Personal interests include spending time hiking, biking, skiing, traveling with her husband Lou and 2 sons, Mike and Chris.

Lou Parri, MSW Licensed Clinical Social Worker

I have been providing mental health services in a variety of settings over the last 30 years. In 1999, I began integrating biofeedback training in the treatment of both, psychiatric and physical disorders.



University of Pittsburgh School of Social Work

Specialization: Mental Health

Professional Memberships:

National Association of Social Workers

Association of Applied Psychophysiology and Biofeedback

County Mental Health: Outpatient Psychotherapist in Rural Pennsylvania Treatment Leader - Adolescent Treatment Program, State Hospital South, Blackfoot, Idaho Family, Adolescent, Children Treatment Service Lead, Dept. of Health and Welfare, Idaho Falls Private Practice-High Peaks Physical Therapy, P.A., Driggs, Idaho

Hospital Affiliation: Teton Valley Hospital-Courtesy Privileges; Provided emergency on-call coverage since 1987.

Services:

- Individual, Couples and Family Therapy
- Biofeedback-Training Certification, Stens Corporation

Treatment:

- Panic Disorder
- Anxiety
- Major Depression
- Obsessive Compulsive Disorder
- Adolescent Behavioral Disorders
- Adolescent Depression
- Chronic Pain-Long standing pain, fibromyalgia, etc. High Peaks utilizes an integrative approach which employs biofeedback therapy, physical therapy, occupational therapy, exercise and psychotherapy. We coordinate treatment with the referring medical provider.
- Tension Headache-Integrative approach: physical therapy, biofeedback and counseling.
- Hypertension: New research indicates that Heart Rate Variability Biofeedback is helpful in managing blood pressure through retraining of the baroreflex.
- Stress Related Disorders

(Client population: Age 10 and older.)
