

2019-2020 HonorHealth Orthopaedic Residency Faculty Staff

Kelly Chavez-Allen PT, CHT, CLT-LANA

Lecture Faculty Member

Dr. Chavez-Allen graduated from the University of Arizona with a BS in Physiological Sciences in 1998 and then continued on at Northern Arizona University in Flagstaff, AZ where she was awarded a Doctor of Physical Therapy degree in 2001. Early in her career Kelly developed a passion for treating upper extremity injuries and this led her to become a Certified Hand Therapist (CHT) in 2007 through the Hand Therapy Certification Commission. Kelly began working at HonorHealth in 2011 as a hand therapist and a faculty member of the HonorHealth Orthopaedic Residency Program. Kelly is a member of several professional organizations, the American Physical Therapy Association, the Hand Therapy Section, and the American Society of Hand Therapists. Kelly excels at fabricating splints and treating patients with traumatic injuries, chronic pathologies, and post-operative patients. Outside of work Kelly enjoys spending time with her husband and daughters.

Michelle Cornwell PT, MPT

Lecture Faculty Member

Michelle Cornwell graduated from Northern Arizona University in 1991 with a BS in Exercise Science. She earned her Master's degree in Physical Therapy from Northern Arizona University in 1994. Her credentials include Advanced Certification of Competency in Vestibular Rehabilitation. Michelle's clinical expertise involves treating patients suffering from neurological and vestibular disorders. Treatment focus includes but is not limited to unilateral/bilateral vestibular loss, Benign Paroxysmal Positional Vertigo (BPPV), vestibular migraine, post-concussive syndrome and general imbalance. Michelle enjoys regular exercising, cake decorating and spending time with her husband and two boys

Lacey Frankland PT, DPT, OCS, SCS

Lecture Faculty Member

Dr. Frankland graduated from Indiana State University in 2006 with a Bachelor of Science Degree in Athletic Training. She then obtained her Doctorate in Physical Therapy from Washington University in St. Louis, MO in 2009. Lacey began her career in private practice in Phoenix in 2009 and then moved on to HonorHealth in 2015. She is a Board Certified Orthopedic Clinical Specialist as well as a Board Certified Sports Clinical Specialist. Lacey is certified in dry needling as well as instrument assisted soft tissue mobilization (IASTM) techniques. She is a member of the American Physical Therapy Association, Sports Section as well as certified athletic trainer. She specializes in movement system impairment diagnoses and treatment approach for various orthopedic injuries. Her clinical interests include working with the athletic population as well as the knee and shoulder. Outside of work, Lacey enjoys hiking, cycling, watching sports, spending time with friends, and trying new restaurants/hikes around the valley.

Griffin Lee PT, DPT, OCS, FAAOMPT

Lecture Faculty Member

Dr. Lee attended Arizona State University where he received a BS degree in Kinesiology. He then attended Duke University where he earned his Doctor of Physical Therapy degree in 2010. Following graduation from Duke, Griffin completed the Scottsdale Healthcare Orthopaedic Residency program. He went on to complete a fellowship program in manual therapy in 2014 through The Manual Therapy Institute. Griffin is a board certified clinical specialist (OCS). He is an APTA certified clinical instructor, certified in dry needling, and trained in instrument assisted soft tissue mobilization (IASTM). Griffin's clinical interests include evaluation and treatment of lumbar and cervical spine disorders, including headaches. Griffin is a member of the APTA, the Orthopaedic Section, and the American Academy of Orthopaedic Manual Physical Therapist (AAOMPT). Griffin serves as adjunct faculty for Midwestern University Doctor of Physical Therapy program.

Peer Himler PT, DPT, OCS, CSCS, FAAOMPT

Lecture Faculty Member

Dr. Himler is a staff Physical Therapist at HonorHealth since 2016. He obtained his Bachelor's degree in Exercise Physiology at the University of Arizona and his Doctorate in Physical Therapy at Northern Arizona University in 2005. Peer has furthered his education with a Fellowship in Orthopedic Manual Therapy through Evidence in Motion and has been trained in manual therapy using the Maitland Principles with a blend Norwegian and Australian mobilization/manipulation techniques. His treatment approach has a strong foundation in the Maitland test retest method using clinical reasoning and current best evidence practice. He also utilizes PNF and dry needling in his daily practice.

Jennifer Hinsberger PT, DPT, CSCS, OCS, PMA-CPT

Clinical Faculty Member

Ms. Hinsberger has her BS from University of Arizona in Nutritional Sciences and Exercise Physiology, and her Masters of Physical Therapy from Wichita State University. Jennifer has been treating orthopedic and sports injuries since 1996. Jennifer has been certified as a strength and conditioning specialists (CSCS) through the National Strength and Conditioning Association since 1997 and nationally certified (PMA-CPT) in Pilates Training through the Pilates Method Alliance since 2007. She focuses on movement impairments and postural corrections to improve the economy of motion, reduce pain, and improve function. She utilizes manual skills to treat joint and soft tissue restrictions and neuromuscular re-education to improve each person's coordination and strength. Jennifer values each client and encourages reaching for optimal outcomes. Jennifer lectures in the HonorHealth Orthopaedic Residency with special focus on hip pathology, sacroiliac dysfunction, and Movement Impairment Syndromes. Jennifer has been part of the American Physical Therapy Association House of Delegates representing the physical therapy voice of Arizona in with the goal of improving the profession. She has been an APTA member since 1993 and has served on the House of Delegates for the ATPA. Outside of work, she enjoys cycling,

swimming, and functional training. She also enjoys travelling for Fencing tournaments and mixed martial arts tournaments with her husband and two children.

Margaret Klausing PT, DPT, MSCI, OCS, CCI

Director of Orthopaedic Residency

Lecture Faculty Member

Dr. Maggie Klausing graduated from Washington University in St. Louis in 2012 with her Doctorate in Physical Therapy and Masters in the Science of Clinical Investigation. She then completed the Scottsdale Healthcare Orthopedic Residency Program in 2013 and obtained her board certification as an Orthopedic Specialist in 2014. Margaret is well versed in the Movement System Impairment approach and utilizes manual interventions as well to facilitate recovery for individuals with various orthopedic conditions. Margaret is a member of the American Physical Therapy Association and Arizona Physical Therapy Association. She is also an active member of the American Board of Physical Therapy Specialties Academy of Content Experts in the field of orthopedics. Margaret is director of the orthopedic residency program as well as staff therapist. In her free time, she enjoys swimming, yoga, going to concerts and spending time with her husband, Jonathan, daughter Sadie and their 3 pets.

Alyson N Lowrey, PT, DPT, OCS

Clinical Faculty Member

Dr. Lowrey attended the University of New Mexico where she received a BA degree in Psychology in 2011. She then attended the University of New Mexico school of Medicine to earn her Doctor of Physical Therapy degree in 2014. Following graduation from UNM, Alyson completed the HonorHealth Orthopaedic Residency program in 2015 and became a board certified orthopedic specialist (OCS) in 2016. She is an APTA certified clinical instructor and is certified in dry needling. Alyson's clinical interests include evaluation and treatment of lumbar and cervical spine disorders, foot and ankle disorders, and clinical instruction. She is a member of the APTA and the Orthopedic Section.

Shannon Richardson, PT, DPT, CSCS, OCS

Lecture Faculty Member

Dr. Richardson graduated from the University of Nevada, Las Vegas with B.S. degrees in Kinesiological Sciences and Sports and Fitness Management. After several years working in the corporate fitness world he returned to school and completed a Doctor of Physical Therapy degree at Midwestern University in Glendale, AZ. While in graduate school he earned certification as a Strength and Conditioning Specialist. After graduation he continued his education completing Kaiser Permanente's Orthopaedic residency in Los Angeles, CA and then earned board certification as an Orthopaedic Specialist. He continues to work in the orthopaedic outpatient setting treating patients with everything from neck to ankle injuries. He enjoys being active and playing sports, but now spends most of his free time with his wife and their new twins.

Kenzie Rowda PT, DPT, OCS, CSCS

Lecture Faculty Member

Dr. Rowda is a graduate of Florida State University where she earned her Bachelor of Science degree in business management while obtaining prerequisites for physical therapy school. She attended Nova Southeastern University's Doctor of Physical Therapy program while obtaining her certified strength and conditioning specialist certification in her 3rd year. Interested in an orthopedic residency, Dr. Rowda sought out orthopaedic physical therapy residency programs that had a large focus in manual therapy and became a graduate of Honor Health's Orthopaedic Residency program in 2016. Since graduating, Dr. Rowda became a Board-Certified Specialist in Orthopaedics while continuing to practice at Honor Health. She also has joined Midwestern University's Doctor of Physical Therapy program as adjunct faculty assisting in lab and lecturing in Biomechanics, Kinesiology and Musculoskeletal courses. Dr. Rowda volunteers as a preceptor for PT students who work in an interdisciplinary setting performing evaluations and providing treatment plans for a local shelter. Clinically, Dr. Rowda enjoys using movement science principals, manual therapy techniques, and pain science education to evaluate, treat and empower patients. She is passionate about her work, family and friends and also enjoys being involved in her church, working out, hiking, and anything relating to the Florida State Seminoles.

Benjamin Stern MS, DPT

Lecture Faculty Member

Dr. Stern received his Doctorate in Physical Therapy from Duke University in Durham, North Carolina. Prior to attending Duke, Ben received his Master's Degree in Exercise Physiology from Western Washington University in Bellingham, WA. In addition to helping coach a local high school soccer team, working with local golfers, performing research and occasionally writing articles for ESPN Rise, Ben takes special interest active individuals of all levels. He has published articles in multiple journals and books, including "Orthopedic Physical Examination Tests: An Evidence-Based Approach", the British Journal of Sports Medicine and JAMA. Ben has written multiple grant proposals and his research has been funded by NIH. He has also been awarded a patent. His area of research interests include diagnostic accuracy and outcomes research.

Derrick Sueki, PT, PhD, DPT, GCPT

Guest Faculty Member

Derrick Sueki graduated from the University of Southern California receiving his Doctorate in Physical Therapy. He completed the Post Graduate Certificate Program in Physical Therapy at the University of South Australia with a special emphasis in Manipulative Therapy and Pain Mechanisms. In 2016, he successfully defended his PhD dissertation studying associative learning and the role of memory, trauma, and injury on pain, cardiovascular, and motor responses. He is an assistant professor in the Department of Physical Therapy at Azusa Pacific University and a faculty member in the Department of Physical Therapy at Mount Saint Mary's University. Dr. Sueki is a chief author and editor of two orthopedic textbooks and has authored numerous works in texts and peer reviewed journals. Dr. Sueki is currently serving as Chair for the

Orthopedic Specialty Council and serves on the California State Physical Therapy Association's Research Council. Since 2001, he has been a primary therapist for the Association of Volleyball Professionals and current serves as their Southern California Medical Coordinator. He is a Board Certified Clinical Specialist in Orthopedic Physical Therapy and a Fellow of the American Academy of Orthopedic Manual Physical Therapists. He has spoken at the national, state, and regional levels on the science and management of pain, as well as the mechanisms underlying manual therapy.

Cindy Wissink-Ghost PT, MPT, FAAOMPT

Clinical Faculty Member

Cindy Wissink-Ghost PT, MPT, FAAOMPT obtained her Bachelor's degree in Special Education and Rehabilitation from the University of Arizona in Tucson and her Master's in Physical Therapy from the University of Southern California in Los Angeles, CA in 1993. She has worked for Honor Health Outpatient Therapy Services for over 20 years of her PT career. Cindy has furthered her education by following a track of continuing education in the area of manual therapy and has completed her training and had obtained her Fellowship in Manual Therapy (FAAOMPT) through The Manual Therapy Institute in 2017. She has worked full time in the outpatient orthopedic setting for most of her career and has been a clinical instructor for therapy students of all levels and has been a lab instructor at in the AT Stills Physical Therapy program early in her career.