



## Biography

### Carol Hollenbeck, PT, MSPT

Carol is originally from Wyoming and received her master's degree in physical therapy from the University of Colorado in 1992. She spent her first two years working in various settings including hospitals, nursing homes and outpatient clinics. Carol then spent the next nine years practicing in home health care and specializing in geriatrics. In March 2003, Carol started her own practice in addition to opening a health club. Here she is able to continue to work with patients one-on-one for 60-90 minutes. There are no aides or assistants treating patients. After discharge from physical therapy, patients can join the health club and continue their program in a safe, supervised environment. Besides her role as a therapist, Carol is a fitness enthusiast and has been involved in that industry for over 20 years.

Carol is a member of the American Physical Therapy Association (APTA) and APTA Section on Geriatrics (SOG). Carol was honored in April 2002 by the APTA. Her business "Fit For Life" was highlighted in their national monthly magazine as a niche business in geriatrics. She has also been a poster presenter at the national APTA conference, on the topic of physical therapy implications for asthmatics.

Carol has one son and spends her spare time running, swimming, biking, traveling, gardening and reading. Her motto is "Keep Active and Have Fun!"

