



"I enjoy working with people and having one-on-one interaction. I focus on your goals for physical therapy and use my knowledge and experience to help you achieve them. My experience in teaching helps me to take individual personalities into consideration and make treatment plans that fit each person, not just a diagnosis."



**Never Quit,
Never Give Up**

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ABOUT YOUR PHYSICAL THERAPIST...

Rebecca Hayes, DPT, CMPT

Becky earned her doctorate in Physical Therapy at Northern Arizona University in Flagstaff, AZ and a Bachelor's Degree in Physiological Sciences from the University of Arizona in Tucson, AZ. Becky taught laboratory chemistry and completed physical activity research for the University of Arizona while earning her bachelor's degree. She also assisted in teaching anatomy while pursuing her doctorate in physical therapy. She has completed a Manual Therapy certification through the North American Institute of Manual Therapy. Becky's background and education complements her passion for physical therapy in helping patients regain function.

PROFESSIONAL DEVELOPMENT/ CONTINUING EDUCATION

- Doctorate in Physical Therapy, Northern Arizona University, Flagstaff, Arizona
- Bachelor of Science in Physiological Sciences, University of Arizona, Tucson, Arizona
- Certified Manual Physical Therapist, North American Institute of Manual Therapy
- Clinical Reasoning Training, North American Institute of Manual Therapy

TEAM APPROACH

"I believe it is important for physical therapy to be both challenging and fun. In order to make gains in function and improvements in pain it is important to put in the time to invest in your optimal you. At Peak Performance Physical Therapy, I will help you achieve your goals and do that in an enjoyable environment."

"I have always been interested in outpatient orthopedics and being able to see and help people get better. This setting allows me to use my manual skills to enhance function as well as my knowledge of exercise to help give you the skills to be an active participant in your recovery."

PERSONAL BACKGROUND

Becky is originally from Tucson, Arizona. She enjoys hiking, backpacking, soccer, snowboarding, and snowshoeing with her golden retriever. She also enjoys spending time traveling with her husband, Andy, who is also a physical therapist.