

## ABOUT YOUR PHYSICAL THERAPIST...



*"My role is to provide efficient, effective physical therapy treatment that is tailored to your personal goals. I believe the most important part of my job is to share my knowledge and provide an educational experience that increases your awareness of your body. My ultimate goal: a more healthy, educated pain-free you!"*

### Jackie Smelser, MSPT

*"I have always had a passion for fitness. My interest in health developed at an early age and my experiences teaching fitness classes, sports conditioning and personal training were a natural starting point for my career in healthcare. As a physical therapist, I draw on these health and wellness concepts to guide my patients through rehabilitation to recovery. My approach to physical therapy includes educating patients on how to prevent becoming a patient in the future. Healthcare today needs to be about prevention."*

#### PROFESSIONAL DEVELOPMENT/ CONTINUING EDUCATION

- BS: Kinesiology, California Polytechnic State University, San Luis Obispo, California
- MS: Physical Therapy, California State University, Sacramento, California
- Licensed: Physical Therapist, States of Oregon and California
- Certified: Speed, Agility and Conditioning (SAC) Coach

#### A LIFETIME OF EDUCATION

*"Physical therapy is a dynamic field of healthcare. As a physical therapist, I am excited to grow with my profession. I can provide my patients with solid researched-based treatment and leading edge ideas. I am pursuing my manual therapy certification through the North American Institute of Orthopedic Manual Therapy (NAIOMT), as well as becoming a Certified Strength and Conditioning Specialist (CSCS). I am committed to providing my patients with the best care available."*

#### Continuing Education:

Proprioceptive Neuromuscular Facilitation; American Sports Medicine Institute: Injuries in Baseball; Balance Training in the Geriatric Population; Watsu Aquatic Training and Presentations on Exercise Prescription; North American Institute of Orthopedic Manual Therapy Level II Upper Quadrant and Levels II and III Lower Quadrant; Shoulder Girdle Complex Seminar; Pelvic Floor Rehabilitation and Speed, Agility & Conditioning Training

#### TAKING PT TO THE NEXT LEVEL

*"Physical therapy isn't just about eliminating pain or gaining range of motion, it's about achieving optimal results and returning patients to an elevated quality of life. I want my patients to not only recover from injury or dysfunction, but to achieve a functional goal that they helped to create. As a Certified Speed, Agility and Conditioning (SAC) Coach, I have trained a variety of athletes. Not every patient wants to be treated as an "athlete", but every patient needs to return to the playing field of life. My role as a PT is not only to evaluate and treat your injury, but also to facilitate that return."*

#### Clinical Experience:

Palo Alto VA Hospital; Brain Injury/Comprehensive Rehabilitation Center  
Community Hospital of the Monterey Peninsula: Acute Care  
Damon Anderson & Associates: Outpatient Orthopedics  
NovaCare Physical Therapy: Outpatient Orthopedics  
Independent Consulting: Certified Personal Trainer, Sports Coach

*Jackie's dynamic personality, clinical skills and passion for health and fitness are an asset to the Peak Performance team. Her personal interests include running, hiking, biking, yoga and spending time with her husband Chris.*



**Getting you back to work  
and play... FAST!**

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Peak Performance Physical Therapy