

Clinical Staff



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**Laura Lund, PT,
DPT**

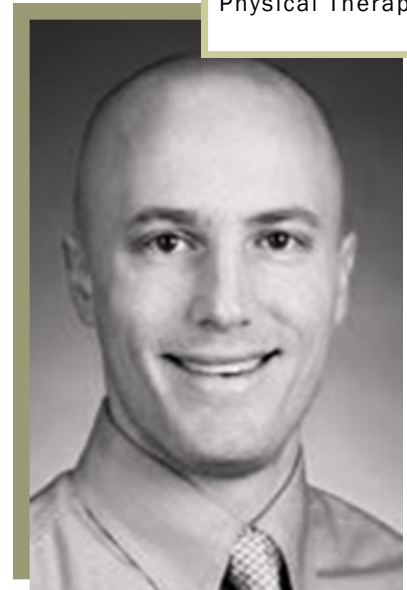
Physical Therapist,
FAFS, CAFS,
CMTPT, ASTYM Cert



Laura, originally from Kansas City, comes to LoDo Physical Therapy from Overland Park, KS. She completed her Bachelors of Science in Exercise Science from the University of Kansas, followed by her Doctorate in Physical Therapy from Rockhurst University in Kansas City, MO. Through her education, Laura has become well-versed in biomechanics, certified in functional dry needling, and trained in Applied Functional Science through the Gray Institute. Laura's training has instilled an excellent background in movement, manual therapy, & function, helping her to develop the skills identify the underlying dysfunction & determine the true cause of pain. She is committed to empowering clients and helps them achieve their goals. She has a great passion for athletics, travel, and athletics. Her love for sports and connection to people led her to her career in physical therapy. Laura devotes her free time to the outdoors by way of hiking, skiing, time with family and friends, playing volleyball, & spending weekends with her lab Hattie.

Phillip first developed a passion for physical therapy following his own extensive rehabilitation. After earning his Bachelors of Science from Auburn University, Phillip spent three years working primarily in sports performance. He also coordinated unique strength and conditioning programs for youth, high school & college teams, as well as endurance athletes. Following that, he returned to his home town of St. Louis to complete his Doctorate of Physical Therapy from Washington University. He then launched his professional career in the Pacific Northwest. As Phillip continued to pursue his interest in human movement, he directed his focus on the Movement Systems Impairments (MSI) approach as taught by Shirley Sahrman, PT, PhD, FAPTA. He's also received additional training in the Washington University Running Clinic, which incorporates video analysis to identify biomechanical dysfunction in recreational and competitive runners. Phillip employs a blended treatment approach, utilizing manual and movement-based interventions to help his patients better understand and modify their unique movement patterns. He enjoys treating a wide variety of patients, and sees their goals as the centerpiece of an effective, personalized treatment method. He utilizes communication, compassion, and education to empower his patients to take control of their overall lifestyle. Outside of the clinic, Phillip enjoys biking, skiing, cooking, hiking, and playing golf. He is also an avid sports fan, especially when it comes to his hometown St. Louis Cardinals and St. Louis Blues!

**Phillip Wehrman,
PT, DPT**
Physical Therapist





LoDo Physical Therapy, PLLC

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**Breana Koffler,
PT, MSPT**

Physical Therapist,
MSPT, MTC, ATC,
PMA®-CPT



Breana has been in the healthcare field for 20 years. She attained her Bachelor's degree in Athletic Training from the University of Findlay. She moved to Colorado in 2000 for her Master's Degree in Physical Therapy from Regis University. She attained a Pilates certification through Polestar Pilates Education and is a Certified Pilates Teacher (CPT) through Pilates Method Alliance. Throughout her practice of physical therapy, she tries to emphasize the integration of manual therapy, Pilates and functional dry needling. This combined approach facilitates efficient movement behavior enabling the client to correct their dysfunctional movement patterns. Breana assists clients in recovering from anything from musculoskeletal and orthopedic injuries to postural dysfunctions of the spine, pelvis and extremities. In addition, she provides care for chronic and post-operative conditions, sport and work-related injuries as well as problems that arise from motor vehicle accidents. Employing education and awareness, as well as empowerment to her clients are the benchmark of her practice. In her free time, Breana enjoys being with her family, traveling, hiking, trail running golfing, reading, cooking and adventures with her kids & husband!

Phil established LoDo Physical Therapy in order to provide the Denver community with the highest quality physical therapy services available anywhere in Colorado. He chose to establish a clinic where *all* physical therapists have more than a decade of development, experience and extensive post-graduate training. Phil obtained his Master's degree from Regis University and completed his certification in Manual Physical Therapy from the University of St. Augustine. His strong background in Orthopaedics and biomechanics is complemented by comprehensive training in manual therapy and functional dry needling. Phil has taught at the doctorate level, and firmly believes that his primary mission is educating and empowering his patients. He appreciates the challenge that every patient brings and enjoys solving the "puzzle" that others have missed. In his free time, Phil enjoys spending time with his wife and their two children, doing research, fishing, hunting, and traveling.

**Phillip Koffler,
PT, MSPT**

Owner, Certified
Manual Therapist

