

# Meet Your Therapists

## Our Team - Atwater

**Robert William Deis, ATC, MPT, Partner, Atwater clinic (athletic trainer certified, master of science in physical therapy)**

Physical Therapist Robert William Deis joined Yosemite Physical Therapy in 2009 and is currently the manager of the Atwater clinic.

He obtained his Bachelor of Science degree in Kinesiology and Athletic Training and a Master of Science degree in Physical Therapy from California State University, Fresno.

Robert gained considerable experience working in the athletic training room at Fresno State, where he helped many elite athletes recover from injury and many others with injury prevention.

Robert enjoys the experience and satisfaction of working with and helping his patients progress through therapy, victoriously meeting each milestone, and ultimately meeting their functional goals.

When he is not working, Robert enjoys playing recreational sports, attending Giants and Warriors games, spending time with his family, and coaching his daughters with their recreational sports of gymnastics and baseball.

**Erica Pendleton, CMT, PTA (certified massage therapist, physical therapist assistant)**

Erica began her career in the health field in 2001 when she completed the curriculum at Quality Massage School in Fresno. It was through her hands on experience with patients as a Certified Massage Therapist that she was inspired to further her education, choosing the field physical therapy. Erica attended both Merced Junior College and Sacramento City College, where she completed the course of study to become a licensed Physical Therapist Assistant in 2011.

Her passion for helping others stemmed from a profound relationship with her grandparents, witnessing first hand the decline of their health. She longed to help them and others, thus, catapulting her career in the medical field.

When she isn't working Erica enjoys spending time with her family and friends. She is known to take spontaneous trips to the beach, the mountains, or to San Francisco for a Giants baseball game.

**Trina Nelson, CMT (certified massage therapist)**

Trina received her massage certification from the Touching For Health Center, School of Professional Body Work in 2002, and joined our Atwater team a year later after gaining experience working as an independent therapist, and at a chiropractic office. She later received her certification in Manual Lymphatic Drainage which helps those recovering from conditions that result in excessive tissue swelling. She is also certified in Acupressure techniques which involve treatment of trigger points which stimulate the body's natural curative abilities.

When she is not working, she enjoys playing the piano, gardening and crafting.