

# Meet Your Therapists

## Our Team - Merced

### **Dr. Chris Dahlhoff, PT, DPT, owner (doctorate in physical therapy)**

Chris began college as a business major, but when he sprained his ankle playing baseball at San Jose State, it was physical therapy that helped him recover and return to playing. Intrigued by the knowledge and effectiveness of the therapist he worked with, Chris changed his major and embarked on a career dedicated to helping others achieve their health and performance goals.

Chris' college athletic career, years of field experience, and continuing dedication to understanding the complexities of training for peak performance, mean that he understands the needs of athletes and work-day warriors alike and is equipped to help them play at their highest level. He is passionate about helping others achieve their goals.

Giving back to the community as a way to say thanks. Chris has had the pleasure of volunteering as the therapist/trainer for Stone Ridge Christian High School Athletic programs since the school opened in 2003. (check out their new school - which just opened on October 25, 2017 - [www.stoneridgechristian.com](http://www.stoneridgechristian.com)) He also provides community education/training for McSwain soccer coaches, as well as local industry trainings. He is a member of the North Merced Rotary Club, which provides humanitarian support both locally and internationally, and is on the board for the club's annual North/South High School Football All-Star Game. He is an active member of the American Physical Therapy Association.

### **Lisa S. Clinton, MSPT (masters of science in physical therapy)**

Lisa Clinton has a Master of Science in Physical Therapy from Simmons College in Boston and has more than 22 years of experience as a licensed therapist. She joined the Yosemite Physical Therapy team 14 years ago and has a rich background of continuing education in multiple areas including identification and treatment of upper extremity repetitive strain injuries, rehabilitation of knee and shoulder injuries, taping techniques (kinesio and McConnell), myofascial release, gait and foot assessment, pediatric rehabilitation, and balance and vestibular disorders. Lisa is a Certified Ergonomic Assessment Specialist and is a consultant to local government offices, manufacturing and industry, working closely with both employee and employer to create optimal ergonomic environments. She also provides on-site educational classes on injury prevention related to cumulative trauma.

The fusion of her experience and education has helped her to see the patient as a whole and address layers of problems that may lead to injury. Her goal is to help patients achieve their highest level of function.

When Lisa is not treating patients, she enjoys spending time with her husband and daughters, especially at the beach and Disneyland. She loves to cheer her girls on at their sporting and school events.

She has been actively involved at Yosemite Church for the past 15 years.

### **Nicole Delworth, MPT (masters of physical therapy)**

Nicole Delworth received her Bachelor of Science in Health Science and her Masters of Physical Therapy, both from California State University, Northridge.

Nicole has over 16 years of experience in various physical therapy settings including outpatient orthopedic, subacute and transitional care facilities. She joined Yosemite Physical Therapy 12 years ago as the director of our Atwater office. She spent 5 years developing the programs in that office before moving to our Merced office. Her clinical skill set is enhanced by her experience as a competitive swimmer and gymnast. She enjoys staying fit and is a big fan of her two volleyball-playing daughters.

**Jaizie Sylva, PTA (physical therapist licensed assistant)**

Jaizie was born and raised in Pearl City, Hawaii. She graduated from Kapiolani Community College 2010 with her Associate in Science degree for Physical Therapist Assistant. She has extended education and experience in the areas of Women's Health, wound care and kinesiotaping. Her athletic interests and abilities include gymnastics, cheerleading, dancing, surfing and Zumba. She enjoys going to Comic Con, going to the movies, and watching Game of Thrones. Obsessed with dark chocolate, the color orange and pineapples. Nickname: Polynesian Punisher.

**Vanessa Duncan, PTA (physical therapist licensed assistant)**

Born in Madison, Indiana, Vanessa attended Southern Adventist University to attain her A.S. degree in pre-physical therapy in 2014. She then completed the Physical Therapist Assistant program at Loma Linda University in 2015. While in high school she played soccer, basketball and fast pitch softball competitively, where she learned the value of proper coaching and physical training. These experiences gave her insight into the world of physical therapy, and ultimately sparked an interest for a career in the field. Her experience as an athlete herself, has helped with her ability to understand and treat the injured athletes here at YPT. When not at work she enjoys doing most anything outdoors, including camping, backpacking, kayaking, playing sports and dirtbiking.

**Jessica Tall, MS, ATC (masters of science in kinesiology, athletic trainer certified)**

Jessica brings BS degrees in both Exercise Physiology and Physical Education, with emphasis in Athletic Training, and a Master's Degree in Kinesiology from Chico State University to her work at Yosemite Physical Therapy. She began her career in the athletic training room at Chico State, where she treated athletes from all major sports including soccer, basketball, baseball, softball and track and field. She has been able to combine her interest in human anatomy and biomechanics, and her deep love of athletics to deliver specialized, quality care to the athletes she treats every day.

After working at Chico State, Jessica gained further experience working for a physical therapy clinic in the San Francisco Bay area and gained valuable experience in the clinical setting, working with patients who sustained shoulder and knee injuries, and with those recovering from spinal injuries. She joined the staff of Yosemite Physical Therapy in 2008, where she has gained further experience in working with various soft tissue and joint injuries, as well as post surgical rehabilitation.