

Dr. Julia Meriwether, PT, DPT

Doctor of Physical Therapy

Education:

- Doctor of Physical Therapy- Franklin Pierce University - Manchester, New Hampshire
- Bachelor of Science in Kinesiology- Arizona State University - Tempe, Arizona
- Currently studying to become a Certified Strength and Conditioning Specialist

Professional Memberships/ Certifications:

- American Physical Therapy Association- Colorado and Oregon Chapters
- National Strength and Conditioning Association
- LSVT Big Certification
- Special Olympics Volunteer- Colorado Chapter

Continuing Education:

- APTA Combined Sections Meeting: 2020
- Changing the Conversation About Pain, 2020

Professional Interests:

Julia loves treating patients of all ages and activity level. She relocated to Colorado in November 2019 from Sydney, Australia where she had the opportunity to gain experience in sports medicine rehabilitation and manual therapy techniques. When establishing a plan of care for a patient, she utilizes functional therapeutic exercises, manual therapy, and evidence-based research to help them safely return to what they love doing and achieve their goals.

Personal Interests:

Julia is a Seattle native and is a huge Seahawks fan. She loves to travel and had the opportunity in 2016 to backpack around Europe for a few months where she visited 14 countries by train- highlights of that trip included Oktoberfest in Munich, Germany, snowboarding in the Swiss Alps, cliff jumping/hiking along the colorful Cinque Terre (Italy) Coastline and swimming in King's Landing in Croatia. One day she hopes to visit all seven continents. Julia's favorite thing about Colorado is the access to the outdoors. Most weekends you can find her hiking or snowboarding in the mountains. Over the summer, Julia and a few of her family members hiked all 30 miles of the Wildwood Trail in Portland, Oregon in 1 day to honor her late grandfathers. Julia also enjoys playing soccer, tennis and trail running in her free time.

