

# Physical Therapy



*Physical therapists are experts in improving mobility and motion. Pain-free movement is crucial to the quality of daily life, the ability to earn a living, the ability to pursue leisure activities, and so much more. Physical therapists are evidence-based healthcare professionals who offer cost-effective treatment that improves mobility and relieves pain, reduces the need for surgery and prescription drugs, and allows patients to participate in a recovery plan designed for their particular needs.*

› *For more details about Therapy Services, call (540) 665-5928.*

300 Westminster-Canterbury Drive  
Winchester, Virginia 22603  
[SVWC.org](http://SVWC.org)

## Meet Our Team

### **Stephanie Ralls MPT, OCS**

Stephanie is a native of Western Maryland. She graduated from West Virginia University's Physical Therapy program in 2005 and has been with SVWC since 2012. In 2010, she completed an orthopedic residency through the University of Virginia, sat for a board exam, and is now a nationally certified Orthopedic Clinical Specialist. In 2013, she became certified in LSVT BIG treatment for Parkinson's Disease. In 2018, Stephanie became certified in Functional Dry Needling through Kinetacore. She is an active member of the American Physical Therapy Association and the Geriatric and Orthopedic sub-sections. Her areas of interest are neck and low back pain. Stephanie is the Rehab Manager at SVWC and enjoys working at SVWC because of the intimate, family atmosphere and the wonderful therapy team she supervises.

### **Rebecca Schultz, PTA**

Becky has 40 years of experience as a PTA in various settings to include: In-patient hospital, out-patient, home health, in-patient rehab, skilled nursing and long-term care communities. She is a certified LSVT BIG for Parkinson's provider and has dementia training as well. She is married, has two children and four grandchildren. She loves spending time with family, traveling, and baking.

### **Emily DeHaven, PTA**

Emily lives in Gerrardstown, WV with her husband, dog, and four cats. She is a graduate of the Physical Therapist Assistant at Blue Ridge Community and Technical College. Aquatic Physical Therapy has been her specialty for the last eight years. In her spare time she enjoys shopping, going to festivals and concerts, and spending time with her friends and family.

