Physical Therapy



WestminsterCanterbury
SHENANDOAH VALLEY
Connected for Life

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.

Meet Our Team



Stephanie Ralls

MPT, OCS-Rehab Manager

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 and is now an 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. In her spare time, she enjoys hiking with her family, gardening, and reading.

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

300 Westminster-Canterbury Drive
Winchester, Virginia 22603
SVWC.org



Austin Werneck

DPT-Physical Therapist

Austin is a native of Winchester, Virginia. He graduated from Shenandoah University with his Doctorate in Physical therapy in 2020, and has been with SVWC since October of 2024. He holds certifications in dry needling and LSVT BIG therapy, as well as training with blood flow restriction therapy. Austin became interested in PT due to his love for sports, human anatomy, and helping others. His favorite part of being a physical therapist is connecting with each resident he works with and helping them live their fullest lives. When he is not treating, he enjoys being outside spending time with his wife Emily, and son Ellis, reading, working out, or anything in nature.



Katie Updike

DPT-Physical Therapist

Katie has over 15 years of experience as a Physical Therapist. She graduated from Old Dominion University with her Doctor of Physical Therapy in 2011. Katie is an Orthopedic Clinical Specialist, LSVT BIG Certified, Credentialed Clinical Instructor. Additionally, she is a certified Tai Chi for Rehabilitation Instructor, a Kinesiology Taping Practitioner, an Advanced Sports and Exercise Nutrition Advisor, a Fitness and Nutrition Specialist, an SIJ and Cervical Spine Specialist, and an Evergreen Certified Dementia Care Specialist. When Katie isn't in the therapy clinic, you will find her in the field with cows, spending time with family, or in her garden throwing rotten tomatoes over the fence for the rabbits. Katie and Robert live in Winchester with their two cats and one dog.



Emily Dehaven

PTA-Physical Therapy Assistant

Emily lives in Gerrardstown, WV with her husband, dog, and four cats. She is a graduate of the Physical Therapy Assistant Program at Blue Ridge Community and Technical College and has been a PTA for 13 years. Aquatic Physical Therapy has been her specialty for the last 12 years. In her spare time, she enjoys shopping, traveling, going to festivals and concerts, and spending time with her friends and family.



Nicole Tinsman

PTA-Physical Therapy Assistant

Nicole was born and raised in the Winchester area and has been practicing as a Physical Therapist Assistant with a background in orthopedic outpatient care for eight years. She earned her bachelor's degree in Exercise Science from Shenandoah University in 2016 and an Associate Degree in Physical Therapist Assisting from Blue Ridge Community and Technical College in 2018. She has completed APTA's Advanced Proficiency Pathways program in orthopedics. She holds certifications as an ACSM Certified Personal Trainer and Yoga Instructor through Yoga Alliance. She has also completed additional training in LSVT BIG, and Blood Flow Restriction Training. Outside of work, Nicole enjoys gardening, reading, and taking care of her ten chickens, dog, and two cats.