

Education and Dedication are Keys to success

Holly graduated from Oakland University's Masters Physical Therapy program in 1994. She has remained at the forefront of the physical therapy profession by attending over 30 continuing education courses with topics including:

- Neck/Back pain
- Knee pain
- Upper extremity injuries
- Headaches/TMD
- Advanced manual therapy techniques
- Fibromyalgia
- Stroke and Parkinson Rehabilitation
- Weight Management Strategies
- Prevention and treatment of Industrial Injuries



 **Holly Nester,** PHYSICAL THERAPIST, CLINICAL MANAGER

“Life experiences are as important as formal education”

– Holly Nester

Holly provided care across the country as a traveling therapist before choosing Flagstaff as her home. She gained a variety of experiences at in-patient rehabilitation and out-patient orthopedic settings. “All clients want to feel healthy and be able to do the activities they enjoy. Physical therapy is about empowering people, teaching them how to care for their bodies so that they can do the things that are important to them.” After work, Holly enjoys hiking and camping with her family.

What makes Personal Care Unique?

“We reach out to the community with the goal of assisting employers in creating a safe and efficient work environment. Our expertise has helped many local companies train their employees, prevent injuries, and reduce their overall costs.”

PERSONAL CARE PHYSICAL THERAPY

PH (928) 214-7430 • FX (928) 214-6022

1515 East Cedar Avenue, Suite E-2 Flagstaff, AZ 86004

