



Dr. Zack Andrews

Joshua Zachary Andrews, PT, DPT, OCS, earned his BA in Biology with a Minor in Physical Education from the University of Redlands and his DPT from Azusa Pacific University. Dr. Andrews is a Board Certified Orthopaedic Clinical Specialist (OCS), Certified Vestibular Therapist, Certified Advanced Dry Needling Therapist, Certified Functional Capacity Evaluator, and Certified Sportsmetrics Specialist.

Dr. Andrews is a clinic director for Benchmark Physical Therapy, a part of

a part of Upstream Rehabilitation. He has been with the company for almost 8 years and is a partner in multiple clinic locations. His previous work experience includes skilled nursing and home health. He is an adjunct professor in the Doctor of Physical Therapy program at Methodist University, and his teaching expertise is in orthopedic rehabilitation.

Outside of his clinical duties, Dr. Andrews enjoys spending time with his wife and 2 daughters. He enjoys fishing, going to the movies, and getting immersed in football season (Go Packers) with multiple fantasy leagues.

Research Interests

Dr. Andrews is currently cultivating his research interests.

MU DPT Courses

- Musculoskeletal Physical Therapy



Dr. Adam Autry

Adam Autry, PT, DPT, is a native of Sampson County, North Carolina. He earned his BS degree in Kinesiology from Campbell University in 2007 and his DPT degree from Elon University in 2010. To further enhance his clinical expertise, Dr. Autry completed an orthopedic residency and fellowship through Evidence In Motion (EIM) and Bellin College. He also holds certification in dry needling. Dr. Autry spent 11 years in private practice,

serving as a staff physical therapist and regional director. In 2021, he transitioned to the Veterans Affairs Medical Center in Fayetteville, North Carolina, where he continues to provide patient care. Dr. Autry has served for many years as an adjunct faculty member in the Doctor of Physical Therapy programs at Methodist University and South College in Knoxville, Tennessee. His teaching experience includes Medical Screening and Diagnostic Imaging and Musculoskeletal Physical Therapy.

Outside of his professional responsibilities, Dr. Autry enjoys spending time with his wife, Jaylan, and their three sons, Wyatt, Levi, and Dylan. He enjoys outdoor activities and traveling with his family in their RV to the mountains and the beach. His other interests include fitness, hunting, fishing, paddleboarding, and playing guitar.

Research Interests

Dr. Autry's research interests focus on the differential diagnosis of cervical versus shoulder referral patterns, with an emphasis on improving clinical decision-making and patient outcomes.

MU DPT Courses

- Musculoskeletal Physical Therapy



Dr. Katrina Carter

Katrina Carter, PT, DPT, earned her BS degree from the University of Connecticut in 2008 and her DPT degree from Seton Hall University in 2012. She holds a certificate as a fitness nutrition specialist from the ACE Council. Dr. Carter currently works as a float physical therapist for Athletico. She also serves as an adjunct faculty member in the Doctor of Physical Therapy program at Methodist University, where she emphasizes the application of anatomical knowledge to cl

clinical practice. Her teaching experience includes human anatomy. Dr. Carter previously assisted with surface anatomy and palpation courses as an open lab facilitator for first-year Doctor of Physical Therapy students at Seton Hall University from 2017 to 2022.

In addition to her academic responsibilities, Dr. Carter serves as a medical reviewer for Health.com and Verywell Health, providing evidence-based expertise to support the development of accurate and accessible health education resources.

Research Interests

Dr. Carter's professional interests focus on nutrition and its role in health, performance, and rehabilitation.

MU DPT Courses

- Human Anatomy
- Exercise Principles and Prescription



Dr. Ashley Chandler

Ashley Chandler, PT, DPT, earned her BA in Psychology from Emory University in 2006 and her DPT degree from Duke University in 2009. She further advanced her clinical expertise by completing a Manual Therapy Certification through Evidence In Motion in 2011. In 2019, Dr. Chandler became a Board-Certified Clinical Specialist in Oncologic Physical Therapy, demonstrating her commitment to the specialized care of individuals affected by cancer. She is also a certified lymphedema

therapist. Dr. Chandler has extensive clinical experience across a variety of outpatient and hospital-based settings. She owns Crane PT and Wellness, where she treats adults with pelvic health, oncology, chronic pain, and lymphedema diagnoses. Dr. Chandler is an adjunct physical therapist for the Doctor of Physical Therapy programs at Methodist University and South College in Orlando, Florida. Her teaching experience includes oncological rehabilitation, human anatomy, and management of integumentary disorders.

Outside of her professional responsibilities, Dr. Chandler enjoys gardening, painting, kayaking, and bird watching.

Research Interests

Dr. Chandler's research interests include postoperative rehabilitation following mastectomy, with an emphasis on optimizing recovery and functional outcomes for individuals undergoing breast cancer treatment.

MU DPT Courses

- Select Populations: Oncological Rehabilitation



Dr. Kaylan Cuneo

Kaylan Cuneo, PT, DPT, earned her BBA in Business Administration and Marketing in 2019 and her DPT degree in 2024 from Methodist University. She also attended Martin Community College Equestrian Program, graduating in 2015. Dr. Cuneo holds a Level 2 dry needling certification and is currently working toward the following certifications: Strength and Conditioning Specialist, Orthopedic Certified Specialist, and Level 1 Running

Analyst. Dr. Cuneo works as a travel physical therapist. She also serves as an adjunct professor in the Doctor of Physical Therapy and Doctor of Occupational Therapy programs. Her teaching expertise is in orthopedic rehabilitation.

She enjoys all things outdoors (hiking, snowboarding, diving), fitness, and travel (especially with her dog Echo!).

Research Interests

Dr. Cuneo's research interests include tactical athletes, return to sport, and scoliosis.

MU DPT Courses

- Musculoskeletal Physical Therapy



Dr. Hannah Donnelly-Glave

Hannah Donnelly-Glave, PT, DPT, earned her BS in Kinesiology in 2019 and her DPT degree from Methodist University in 2023. She is a certified Lee Silverman Voice Treatment (LSVT BIG) therapist for individuals with Parkinson's disease.

Dr. Donnelly-Glave works at Cape Fear Valley Rehabilitation Center in the Outpatient Neurological unit, treating

individuals with a variety of neurological diagnoses. She is an adjunct professor in the Doctor of Physical Therapy program at Methodist University.

In her free time, she enjoys spending time with and riding her Horse and traveling

Research Interests

Dr. Donnelly-Glave's research interests include the connection between physical and emotional health

MU DPT Courses

- Neurologic Physical Therapy



Dr. Renee Drexler

Renee Drexler, PT, DPT, earned her BS degree from Bethany College in 2002 and her DPT degree from Elon University in 2005.

She currently practices in the acute care setting at Cape Fear Valley Hospital, where she provides rehabilitation services to patients with a variety of complex medical and surgical conditions. Prior to her work in acute care, Dr. Drexler gained clinical experience in

outpatient orthopedic physical therapy. Dr. Drexler has been an adjunct in the Doctor of Physical Therapy program at Methodist University for many years. Her teaching experience includes Foundations of Acute Care and Patient Care Skills and Biophysical Agents.

Outside of her professional responsibilities, Dr. Drexler enjoys reading, attending local sporting events, following Pittsburgh sports teams, traveling with friends, and spending time at the beach.

Research Interests

Dr. Drexler's research interests focus on acute orthopedic injuries and clinical education within the acute care setting.

MU DPT Courses

- Foundations of Acute Care and Patient Care Skills
- Biophysical Agents



Dr. Jalecia Faison

Jalecia Faison, PT, DPT, earned her BS in Kinesiology from The University of North Carolina at Greensboro in 2016 and her DPT degree from Campbell University in 2021. She also holds a Master Certification in Holistic Health and Wellness Coaching. She currently provides physical therapy services primarily to the geriatric population at several skilled nursing facilities in the Fayetteville area. In addition, Dr. Faison practices with Aveanna Home Health and Concentra Urgent Care,

where she provides care in outpatient orthopedic settings. Dr. Faison is an adjunct professor in the Doctor of Physical Therapy program at Methodist University. She is passionate about promoting health, wellness, and functional independence across the lifespan. Her teaching experience includes human anatomy, pharmacology, and exercise principles and prescription.

Outside of her professional responsibilities, Dr. Faison enjoys spending time with her family and two dogs, exercising, and traveling.

Research Interests

Dr. Faison's research interests focus on the geriatric population, including hospital readmissions and predictors of rehabilitation performance in older adults. She is particularly interested in exploring the relationships among falls, pain, frailty, hospitalization, and functional mobility to inform therapeutic interventions and improve patient outcomes.

MU DPT Courses

- Human Anatomy



Dr. Elizabeth Fuller

Elizabeth Fuller, PT, DPT, earned her BA in General Studies from Indiana University in 2012 and her DPT degree from Methodist University in 2018. Dr. Fuller is certified in dry needling and is a member of the International Association for Dance Medicine & Science (IADMS). She has practiced full-time in outpatient orthopedic physical therapy for six years, serving patients in both Fayetteville and Fort Liberty, North Carolina. In addition to her outpatient experience, Dr. Fuller

has provided PRN physical therapy services in an assisted living facility specializing in the care of individuals with Alzheimer's disease and dementia. She has been an adjunct professor in the Doctor of Physical Therapy programs at Methodist University and South College, Atlanta, Georgia. Her teaching experience includes human anatomy and musculoskeletal rehabilitation.

Outside of her professional responsibilities, Dr. Fuller is actively involved in the performing arts community, teaching ballet at several local dance studios.

Research Interests

Dr. Fuller's research interests include dancers and military populations.

MU DPT Courses

- Human Anatomy

Dr. Arryn Gamble

PHOTO

Arryn Gamble, PT, DPT, NCS, MSCS, earned her BS in Business Administration from Polk State College in 2017 and her DPT from South College in 2021. She is a Board Certified Clinic Specialist in Neurologic Physical Therapy (NCS), Board Certified Multiple Sclerosis Clinical Specialist (MSCS), Certified Stroke Rehab Specialist (CSRS), Certified in Advanced Vestibular Rehab and Concussion Management (AIB), and Certified in Dry Needling.

Dr. Gamble owns NeuroPathways LLC, an outpatient neurologic PT private practice in Fayetteville, NC, offering skilled rehab to individuals with vestibular and neurologic conditions. She is an adjunct professor in the Doctor of Physical Therapy programs at Methodist University and South College. Her teaching expertise includes anatomy, neuroscience, and adult neurologic rehabilitation.

In her free time, Dr. Gamble is a content creator who shares treatment techniques/ideas for people with neurologic conditions, along with physio-related humor. She enjoys spending time with her family (husband and 3-year-old son and 2 dogs), traveling, and visiting various types of museums. She loves working out, hiking, doing yoga, and being a lifelong learner.

Research Interests

Dr. Gamble is cultivating her research interests.

MU DPT Courses

- Neurologic Physical Therapy



Dr. Colton Gray

Colton Gray, PT, DPT, earned his BS in Biology from Southern Utah University and his DPT degree from Rocky Mountain University of Health Professions.

Dr. Gray currently practices in home health care in the Raleigh area. Prior to this, he worked in outpatient orthopedics, evaluating and treating knee, shoulder, spinal, headache, and orofacial pain conditions. In addition to his clinical practice, he has instructed specialized

fitness and conditioning classes designed to prepare soldiers for the Army Combat Fitness Test. Dr. Gray is also fluent in Spanish, a skill developed during a two-year religious service mission in Mexico. He is an adjunct professor in the Doctor of Physical Therapy program at Methodist University. His teaching experience includes physical therapy tests and measures, exercise prescription, and musculoskeletal rehabilitation.

Outside of his professional responsibilities, Dr. Gray enjoys running, golfing, and spending time with his wife and dog.

Research Interests

During his doctoral studies, Dr. Gray participated in research involving knee arthritis through cadaveric dissection and investigation. His research interests include physical therapist education, health promotion and wellness, headache management, and orofacial pain.

MU DPT Courses

- Musculoskeletal Physical Therapy

PHOTO

Dr. Tiffany Harper

Tiffany Harper, PT, DPT, earned her bachelor's degree in clinical health studies with minors in sports studies and coaching in 2012, followed by her DPT degree in 2014 from Ithaca College. While obtaining her degrees at Ithaca College, she competed as a collegiate gymnast and has been involved with athletics and coaching for most of her life.

Dr. Harper currently works in pediatric

Physical therapy as the lead pediatric physical therapist at Therapy Playground for our four Fayetteville, North Carolina clinics. She began her career in pediatrics by working in Cheyenne, Wyoming, at Children's Therapy Group. She provided aquatic, land, and equine-assisted physical therapy to children. She has also worked in Early Intervention PT in homes and daycares while living in upstate NY, and in outpatient pediatric PT at a diverse clinical location in El Paso, Texas. Her clinical passion has always been pediatrics, with an additional interest in neurodiverse populations and in providing effective care for children with behavioral concerns. She enjoys collaborating with families to empower them and their children to succeed.

Dr. Harper enjoys being a mother to her four wonderful children, spending time with her husband and family, and leading an active and fun lifestyle.

Research Interests

Dr. Harper is currently cultivating her research interests.

MU DPT Courses

- Pediatric Physical Therapy



Dr. Sarah Hawks

Sarah Hawks, PT, DPT, earned her BA in Biology from the University of North Carolina Wilmington in 2014 and her DPT degree from Methodist University in 2018.

She currently practices at Carolina Rehab of Cumberland in the skilled nursing setting, where she works with individuals requiring rehabilitative and long-term care services. Throughout her career, Dr. Hawks has gained experience across

multiple practice settings, including skilled nursing facilities, assisted living communities, and home health. She has been an adjunct professor in the Doctor of Physical Therapy program at Methodist University for many years. Her teaching experience includes adult neurological physical therapy, exercise prescription, and acute care.

Research Interests

Dr. Hawks' research interests focus on the impact of physical therapy services for long-term care residents, particularly in improving quality of life, maintaining functional status, and evaluating the effectiveness and long-term carryover of restorative nursing programs.

MU DPT Courses

- Neurologic Physical Therapy
- Foundations of Acute Care and Patient



Dr. Emily Kinabrew

Emily Kinabrew, PT, DPT, LAT, ATC, earned a BS degree in Athletic Training from Lincoln Memorial University in 2014 and her DPT degree at Belmont University in 2018. She earned her Manual Physical Therapy Certification in 2024 through Evidence In Motion (EIM) and Bellin College.

Dr. Kinabrew currently practices with the Special Operations 5th SFG at Fort Campbell, Kentucky. Previously, she has

worked in a variety of outpatient orthopedic clinics. She is an adjunct professor in the Doctor of Physical Therapy program at Methodist University. Her teaching experience includes physical therapy tests and measures, as well as exercise prescription.

Outside of her professional responsibilities, Dr. Kinabrew enjoys traveling with her husband and spending time outdoors. Together, they enjoy exploring new destinations around the world and look forward to future international travel adventures.

Research Interests

Dr. Kinabrew is developing and refining her research interests as she continues her professional and academic growth.

MU DPT Courses

- Physical Therapy Tests & Measures
- Exercise Principles & Prescription



Dr. Hilary Lohr

Hilary Lohr, PT, DPT, earned her BS in Exercise Physiology in 2008 and her DPT degree in 2011 from East Carolina University. She is a Credentialed Clinical Instructor and a Certified Lymphedema Therapist.

Dr. Lohr is currently working in Outpatient Orthopedics, specializing in Lymphedema. She previously worked in acute care in the cardiopulmonary ICU and in skilled nursing. She has been an adjunct for the

Doctor of Physical Therapy program at Methodist University for many years. Her teaching experiences include human anatomy, integumentary physical therapy, and tests and measures.

During her free time, Dr. Lohr says her hobbies include sleep: "I don't care how lazy that makes me sound; it's still my favorite." She also identifies as a "try-athlete", she is a cyclist who will occasionally run and swim.

Research Interests

Dr. Lohr's research interests include Lymphedema, Post-op ACL, as well as rehab/ injury prevention in the female athlete.

MU DPT Courses

- Human Anatomy
- Physical Therapy Tests and Measures



Dr. Haley McGonagill

Haley McGonagill, PT, DPT, earned her BS in Exercise Science from Appalachian State University in 2011 with minors in Psychology and Biology. She earned her DPT degree from Duke University in 2015. She is a Board Certified Clinical Specialist in Orthopedics and a certified Myofascial Trigger Point Therapist (CMTPT) from Myopain Seminars, and is dry needling certified.

Dr. McGonagill is the owner and operator of Pure Barre Fayetteville studio. She also works part-time at a cash-based practice with Haymount Body Mechanics. Her physical therapy interests and experience have always been in general orthopedics, a variety of ages, injuries, and fitness levels. She previously worked full-time as a physical therapist in private practice outpatient orthopedics from 2015 to 2024 at clinics in Fayetteville, NC. She is an adjunct professor in the Doctor of Physical Therapy program at Methodist University. Her teaching experience includes musculoskeletal physical therapy.

Dr. McGonagill enjoys Pure Barre, having taken barre classes since 2016 and taught barre fitness classes since 2018, which led to the purchase of a studio in December 2023. She also enjoys planning travel and outdoor adventures with her husband and curling up with a good book on her Kindle at night.

Research Interests

Dr. McGonagill is currently developing her research interests.

MU DPT Courses

- Musculoskeletal Physical Therapy



Dr. Carolyn McKinney

Carolyn McKinney, PT, DPT, earned her BA degrees in Exercise and Sport Science and Biology from the University of North Carolina at Chapel Hill in 2007 and her DPT degree from East Carolina University in 2010.

Dr. McKinney has extensive experience in pediatric physical therapy across a variety of settings. She currently provides early intervention and in-home pediatric physical therapy services throughout Wake County through Move With Me Physical Therapy. She practiced at an outpatient, multidisciplinary

pediatric clinic in Fredericksburg, Virginia, where she provided care for children from birth through age 21 until 2017. She subsequently worked at an inclusive child development center in Raleigh, North Carolina, delivering early intervention services and supporting Individualized Education Programs (IEPs) through 2019. She is an adjunct in the Doctor of Physical Therapy program at Methodist University. Her teaching experience includes pediatric physical therapy and orthotics.

Outside of her professional responsibilities, Dr. McKinney enjoys yoga, cooking, outdoor activities, reading, and spending time with her husband, who is also a physical therapist, and their two sons.

Research Interests

Dr. McKinney is cultivating her research interests.

MU DPT Courses

- Pediatric Physical Therapy

Dr. Skylar Metzel



Skylar Metzel, PT, DPT, earned her Bachelor's degree in Exercise Science from the University of Alabama in 2017 and her DPT degree from Methodist University in 2021. She is a certified Stroke Rehabilitation Specialist.

Dr. Metzel currently works at WakeMed as a float physical therapist in the acute care, inpatient rehab, outpatient neuro, and outpatient ortho departments. She previously worked at Duke Raleigh Hospital in acute care and at Duke Rehabilitation

Institute in inpatient rehabilitation. She is an adjunct professor in the Doctor of Physical Therapy program at Methodist University. Her teaching experience includes adult neurological physical therapy.

Dr. Metzel enjoys running, reading, painting, traveling/spending time with her boyfriend.

Research Interests

Dr. Metzel's research Interests include endurance and activity capacity post-stroke; high-intensity gait training in the neurological population; psychosocial factors in the neurological population and limb loss; Parkinson's Disease; and Lateropulsion/Pusher Syndrome.

MU DPT Courses

- Neurologic Physical Therapy



Dr. Kaitlyn Rush

Kaitlyn Rush, PT, DPT, earned her BS in Kinesiology in 2018 and her DPT degree in 2022 from Methodist University. She further advanced her clinical training by completing an Orthopedic Residency through Evidence In Motion in 2024.

Dr. Rush currently serves as the Clinic Director at Breakthrough Physical Therapy in Cameron, North Carolina, where she provides evidence-based care to individuals with a variety of

musculoskeletal conditions. She is an adjunct professor in the Doctor of Physical Therapy program at Methodist University. Her teaching experience includes physical therapy tests and measures, biophysical agents, and exercise prescription.

Outside of her professional responsibilities, Dr. Rush enjoys exercising, traveling, spending time with family and friends, and playing with her dog, Tater.

Research Interests

Dr. Rush is currently cultivating her research interests.

MU DPT Courses

- Physical Therapy Tests & Measures
- Biophysical Agents
- Exercise Principles & Prescription



Dr. Tiffany Sears

Tiffany Sears, PT, DPT, earned her BS in Kinesiology in 2016 and her DPT degree in 2020 from Campbell University.

She currently practices at Cape Fear Valley Health's Highsmith-Rainey Specialty Hospital, where she provides care in the long-term acute care setting. Dr. Sears is committed to delivering comprehensive care to patients with complex medical needs and is passionate about helping individuals achieve optimal functional outcomes. She is an adjunct professor in the

Doctor of Physical Therapy program at Methodist University. Her teaching experience includes Foundations of Acute Care and Patient Care Skills.

Outside of her professional responsibilities, Dr. Sears enjoys spending time with her family and her three dogs.

Research Interests

Dr. Sears' research interests focus on the use of electrical stimulation (e-stim) and pulsed wound irrigation for wound management in individuals with spinal cord injuries.

MU DPT Courses

- Foundations of Acute Care and Patient Care Skills



Dr. Courtney Smiach

Courtney Smiach, PT, DPT, earned her BS in Exercise Science in 2015 and her DPT degree in 2018 from Slippery Rock University of Pennsylvania. She is a Board-Certified Orthopedic Clinical Specialist.

Dr. Smiach is the owner of Rebel PT, a private practice located in Fuquay-Varina, North Carolina. She is dedicated to providing evidence-based orthopedic care and helping patients achieve their functional goals through individualized

treatment approaches. She has been an adjunct professor in the Doctor of Physical Therapy program at Methodist University for many years. Her teaching experience includes physical therapy tests and measures, exercise prescription, and musculoskeletal rehabilitation.

Outside of her professional responsibilities, Dr. Smiach enjoys running, strength training, attending concerts, and spending time at local coffee shops.

Research Interests

Dr. Smiach's research interests focus on the management of chronic low back pain and the relationship between femoroacetabular impingement (FAI) and pelvic floor dysfunction.

MU DPT Courses

- Physical Therapy Tests & Measures
- Exercise Principles & Prescription
- Musculoskeletal Rehabilitation



Dr. Shanna Thurman

Shanna Thurman, PT, MPT, DPT, C/NDT, earned her BA in Exercise and Sports Science with a minor in Psychology from the University of North Carolina at Chapel Hill in 2000 and her MPT and DPT degrees in 2002 from Northwestern University Feinberg School of Medicine.

She currently practices at Revolution USA, Inc., where she applies her extensive experience in pediatric care. Dr. Thurman has a diverse clinical background that includes work in the neonatal intensive

care unit, inpatient and outpatient pediatric settings, early intervention within the home, and school-based therapy services. She has been an adjunct professor in the Doctor of Physical Therapy program at Methodist University for many years. Her teaching experience focuses on pediatric physical therapy.

Outside of her professional responsibilities, Dr. Thurman enjoys writing, cozy gaming, spending time on family adventures, and painting with watercolors.

Research Interests

Dr. Thurman's research interests include the role of transverse plane movement in children with gross motor delays, as well as strategies to improve parents' compliance with home exercise programs for children with gross motor delays.

MU DPT Courses

- Pediatric Physical Therapy



Dr. Michael Tighe

Michael Tighe, PT, DPT, earned his BS in Physical Therapy from the University at Buffalo in 1996 and his DPT from the University of North Carolina at Chapel Hill in 2014. He also holds a BS in Technical Communications from Clarkson University. He is a certified clinical instructor and certified in SFMA.

Dr. Tighe has spent his career in practice across several large health systems and a wide variety of practice environments. These include cardiac surgery/ICU care,

critical care, inpatient rehabilitation (on rehab spinal cord and LE amputation units), and outpatient PT. He has served as a clinical instructor, multidisciplinary team leader/coordinator, and senior clinician/clinical resource. Dr. Tighe has been an adjunct professor in the Doctor of Physical Therapy program at Methodist University for many years. His teaching expertise includes human anatomy and cardiopulmonary rehabilitation.

Dr. Tighe has also been involved in continuing education in physical therapy. He has presented at and taught courses including Critical Care Lab Values, PT Role in Post-Cardiac Surgical Procedures, and Acute Management of Patients s/p Lower Extremity Amputations. He was also co-coordinator of the Multidisciplinary Cardiopulmonary Symposium held at Cape Fear Valley Health System in 2006.

Dr. Tighe is a semi-retired Parrothead who enjoys reading, traveling, and walking his dogs. He is currently shepherding two kids through college.

Research Interests

Dr. Tighe is currently cultivating his research interests.

MU DPT Courses

- Human Anatomy



Dr. Robin Waldron

Robin Waldron, PT, DPT, earned her BS in Physical Therapy from East Carolina University in 1987 and her DPT from Elon University in 2004.

She currently practices at Cone Health OrthoCare Rehab, where she specializes in prosthetic rehabilitation. Dr. Waldron brings a diverse range of clinical experience, including work as a traveling physical therapist in the Washington, D.C. area and in home health settings. In addition to her

clinical role, she is actively involved in education as an adjunct faculty member at Methodist University, Elon University, and a guest lecturer at East Carolina University, Guilford Technical Community College's Physical Therapist Assistant program, and High Point University. Her teaching experience includes prosthetics and orthotics.

Outside of her professional responsibilities, Dr. Waldron enjoys spending time with family, line dancing, and traveling.

Research Interests

Dr. Waldron's research interests include amputee care and prosthetic rehabilitation.

MU DPT Courses

- Prosthetics and Orthotics



Dr. Neisha Wetzel

Neisha Wetzel, PT, DPT, GCS, OCS, MDT, earned her BS in Kinesiology in 2004 and her DPT degree in 2008 from the University of Nevada. She is a Board-Certified Geriatric Clinical Specialist (GCS) and a Board-Certified Orthopedic Clinical Specialist (OCS), and she holds additional advanced credentials, including McKenzie (MDT) certification, LSVT BIG certification, dry needling certification, and the designation of

Advanced-Credentialed Clinical Instructor.

With over 15 years of clinical experience, Dr. Wetzel has developed extensive expertise across multiple areas of physical therapy practice. She currently serves as a practicing physical therapist and Co-Owner of Advanced Physical Therapy Solutions in Fayetteville, North Carolina. Her professional interests include educating future clinicians and providing high-quality care to diverse patient populations. She has been an adjunct professor in the Doctor of Physical Therapy program at Methodist University, South College, and the University of North Carolina at Chapel Hill for many years. Her teaching experience includes geriatrics and aging adult care, neurological physical therapy, clinical documentation, and business management.

Outside of her professional responsibilities, Dr. Wetzel enjoys hiking, reading, and teaching.

Research Interests

Dr. Wetzel's research interests focus on geriatric orthopedic conditions, including osteoporosis, knee osteoarthritis in women, and strategies for fall prevention.

MU DPT Courses

- Adult Neurological Physical Therapy
- Foundations for Business Management and Leadership



Dr. Cody Ziegenfus

Dr. Cody Ziegenfus, PT, DPT, OCS, SCS, CSCS, earned his BS degree in Kinesiology and Biology while playing four years of football for Husson University and his DPT in 2017 from Husson University. Dr. Ziegenfus holds numerous certifications and advanced training, including: Board Certified Clinical Specialist in Orthopaedic Physical Therapy (OCS), Board Certified Clinical Specialist in Sports Physical Therapy (SCS), Certified Strength and Conditioning Specialist (CSCS),

Titleist Performance Institute (TPI) Certification, Certified Sportsmetrics Specialist, Spinal manipulation, Dry needling, Myofascial decompression, Graston Technique, and Blood flow restriction training.

Dr. Ziegenfus currently works in embedded care as a direct-access physical therapist for the US Army Special Operations Command at Ft. Bragg, North Carolina, and previously worked in outpatient sports orthopedics. He is an adjunct professor in the Doctor of Physical Therapy program at Methodist University. His teaching experience includes musculoskeletal physical therapy and human anatomy.

In his spare time, he enjoys playing golf, guitar, and various fitness activities.

Research Interests

Dr. Ziegenfus' research interests include sports and tactical rehabilitation, ACL rehabilitation and return to sport training, and shoulder rehabilitation and performance in baseball pitchers.

MU DPT Courses

- Musculoskeletal Physical Therapy