

Durango Sports Club Physical Therapy

Comprehensive, Professional, Personal Care



David R. Farmer, P.T., is the founder and owner of the Durango Sports Club Physical Therapy Clinic. David takes an active interest in the clinic's performance and patients' well-being. He stays current and knowledgeable in Physical Therapy and is licensed in Colorado, New Mexico and Utah. David is especially interested in senior care and in working with cyclists. The Durango Sports Club has been owned by David since 1990 and was recently presented the *Spirit of Durango Award* by the local Chamber of Commerce. Contact David at dsc@durangosportsclub.com.



Janet Wells, M.S.P.T., Clinic Director has completed the U.S. and A.P.T.A. required program with a three course series for specialization in female and male pelvic floor function and dysfunction. Janet is also course trained to treat difficult shoulders and knees, and particularly enjoys working with hips and SI dysfunctions. You can contact Janet at jbwells@durangosportsclub.com.



Rick Stockwell, P.T., A.T.C. has attended seminars related to the Primal Reflex Release Technique starting in 2008, another in 2009 and the final installment in March 2010. The focus is on how to restore balance to the body's musculoskeletal system through reflexes. Rick is also our resident neck and foot expert and fits the majority of our Sole Support custom foot orthotics. Rick's email address is rick@durangosportsclub.com.



Dean Walker, P.T. heads our Home Health Physical Therapy department and contracts through San Juan Basin Health. Dean is interested in working with seniors and fall prevention and is establishing guidelines to monitor patients with balance problems. He recently attended a course on Mobilization of the Nervous System and is an authority on shoulder rehabilitation. Contact Dean at dean@durangosportsclub.com.



Trish Walker, P.T.A. sees patients in the clinic with every kind of problem and leads the Aquatic Therapy class on Tuesdays. We offer pool therapy on Tuesdays and Thursdays from noon to 1:00 pm all year—in the summer in our own beautiful outside heated pool and in the winter at the Rec Center.

Durango Sports Club is an orthopedic and sports therapy clinic. We are geared toward functional rehabilitation with emphasis on static and dynamic posture and biomechanical retraining. Patient education on injury prevention and rehabilitation is a primary concern. We are able to take our clients from an acute rehabilitation state to fully functional levels.

What Our Patients Have to Say

"I was impressed by the extent of skills and knowledge demonstrated by Mrs. Wells and all who attended me. Every person could not have been more warm and caring and professional. I have worked with physical therapists my entire medical career and have never encountered better!"

"Rick has the experience and takes the time to make sure I'm satisfied. I'm so pleased with my orthotic fit that I'm considering a second pair. My shoulder is also a lot better since Rick's treatments."

"The P.T.'s really help you to help yourself. They give you quality of life."

"I've had physical therapy at other places; this is the best. Janet is one of the most knowledgeable and capable therapists I've had."

Durango Sports Club Physical Therapy Clinic
Clinic Hours: Monday–Friday 8:00 am to 6:00 pm
970-385-6969

