



Occupational & Physical Therapy And Athletic Training

At Wiesbaden Fitness Center

Our therapy programs are tailored to your individual needs to help you live a healthy and balanced life.

Whether you are dealing with illness, injury, major life changes or simply want to prevent injury and improve your health, our team of neuromusculoskeletal experts are here to guide you in exercise, symptom management, and lifestyle modifications.

Sica Nielsen, OTR/L

SicaNielsenOT@gmail.com Sica obtained her Master's in Occupational Therapy from Florida International University in 2017. Sica focuses on encouraging others to achieve optimal living and specializes in working with chronic health conditions. Sica is also a certified health coach, yoga and TRX instructor.



Kate Paine PT, DPT, ACSM-CEP

kate@doctorpaine.com Kate received her Bachelor of Science in Kinesiology with a concentration in Exercise Science Rehabilitation (2013) and her Doctorate of Physical Therapy (2016) from California State University, Sacramento. She is a Fascial Movement



Taping certified provider for RockTape and an ACSM Certified Clinical Exercise Physiologist. Kathryn strives to treat each one of her clients with integrity, devotion, and compassion. Her mission is to help you regain function and improve your overall quality of life.

Julia Spellman, LAT, ATC

juliaspellman18@gmail.com Julia has been a Certified Athletic Trainer since 2015 and is currently obtaining her Doctorate of Athletic Training and Masters of Business Administration. She works with individuals of all ages and specializes in sports medicine, acute injury evaluation and care, injury prevention, and helping her clients achieve their movement goals.



Michelle Witkowski, PT, DPT

michelleawitkowski@gmail.com Michelle received her Doctorate of Physical Therapy from South College in Knoxville, Tennessee in 2020. Michelle loves CrossFit, has competed in Bodybuilding, and occasionally runs a race or two, providing firsthand perspective in treating a variety of patients. Michelle is passionate about working with athletes of all fitness levels get back to doing what they love, pain free.



Free Consultation available - contact one of our therapists to discuss your goals and concerns

Single session \$70, \$300 for 5 session bundle, \$500 for 10 session bundle