

Today's stretch breaks are courtesy of the following:



Courtney Irons, DPT, LSVT BIG Certified

Courtney Irons is a Physical Therapist for The University of Tennessee Medical Center at UT Rehab Services Outpatient Clinic in Hardin Valley. Courtney received her Doctorate in Physical Therapy from The University of Tennessee, Chattanooga. She has been practicing as a PT for over 16 years with a focus on neurological conditions such as post stroke, Parkinson's disease, traumatic brain injury as well as vestibular disorders, and post concussions. She is certified in LSVT BIG and PWR! Moves, both of which are known comprehensive treatment protocols for people with Parkinson's disease. Courtney is available weekly on Tuesday afternoons in the clinic at the Cole Center. Courtney enjoys spending her free time with her family, including her two precious children.

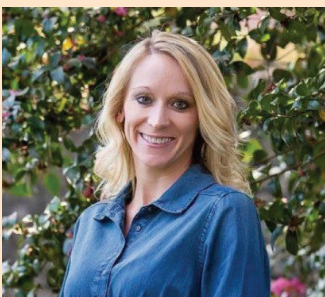
Zach Guza, CPT

Zach Guza is a local personal trainer and the owner of Black Dog Fitness - East Tennessee's only gym dedicated to people with Parkinson's disease. Zach graduated from the Air Force Academy and was a helicopter pilot in the United States Air Force for nine years. After the military, Zach had a career in the civilian world but quickly realized that his calling was in fitness. Zach opened Black Dog Fitness and started Rock Steady Boxing-Knoxville in 2016 in honor of his father who died from Parkinson's disease.



Eight years later, Black Dog Fitness has a staff of five exceptional coaches and trainers with backgrounds in Exercise Physiology, Occupational Therapy and Recreational Therapy as well as an on-site Physical Therapist specializing in Neurological problems. They have developed a wide variety of exercise programs for every level of fitness including two levels of Rock Steady Boxing, PWR!, Spin & Stretch, Tai Chi, Yoga, Nordic Walking, Black Dog Boxing as well as small group training and personal training. They also have special events including dance lessons, pizza and beer, educational speakers, the Punching for Parkinson's fundraiser and anything else to help local Parkinson's Fighters and their caregivers FIGHT BACK AGAINST PARKINSON'S.

In his free time Zach helps his beautiful and patient wife, Jenny, raise their identical twin teen-aged boys, Brice and Blair. He is well known for his love of Dad-jokes, helicopters, and pizza.



Margaret Keele, DPT, GCS, CSRS

Margaret Keele graduated from Clemson University in 2007 and then received her Doctorate in Physical Therapy from the Medical University in 2010. Margaret has been rehabilitating people with neurological conditions since 2010. She is certified in LSVT BIG and PWR! Moves (Parkinson's Wellness Recovery). She is Geriatric Board Certified and a Certified Stroke Rehab Specialist. Margaret is also a Certified Exercise Expert for the Aging Adult. She successfully completed her Vestibular Competency from Emory University in 2023. She is a P.T./Coordinator at Covenant Therapy Center West in Knoxville, TN and teaches in the PT Neuro Department at Lincoln Memorial University (LMU).

Whitney Sharp, PT, Vestibular Certified, LSVT BIG Certified

Whitney Sharp, P.T. is a Physical Therapist at The UT Medical Center's Balance Center at Lenoir City and specializes in Movement Disorders, general neurologic physical therapy, vestibular rehab, and balance training. She is certified in LSVT BIG and PWR! Moves along with vestibular rehabilitation. She is available for physical therapy consultations at the Cole Center's Movement Disorder Clinic and is part of the deep brain stimulation team. Whitney performs pre-operative testing to help determine eligibility for deep brain stimulation surgery. She is also a part of the UT Medical Center ALS Clinic. She has a true passion for exercise for her patients as well as for herself and family. She loves yoga, hiking, biking, and walking for exercise. She is married and is a proud mom to three adult sons.



Today's music program is courtesy of board-certified music therapist Cecila Stair, MM, MT-BC.



Cecila Stair, MM, MT-BC

Cecilia Stair is a board-certified music therapist, music instructor, and performing musician. She received a BA in Music at the University of Tennessee and a MM in Music Therapy from the University of Kentucky. Her graduate research explored ways to support diverse LGBTQ+ clients through increased education for music therapy students. Her current clinical work includes music therapy groups for adults with dementia in residential living, music therapy for individuals and families impacted by addiction, and therapeutic singing groups for people living with Parkinson's Disease and their family members.

She produces and hosts "Pass the Mic: Creating a Stage for Change" (podcast) for the Tennessee Theatre, which highlights voices of diverse professionals in the arts. For the past 15 years, she has offered private music instruction, including teaching at Community School of the Arts (Knoxville) and Central Music Academy (Lexington). Both non-profit programs offer free music instruction to families with financial need. Some performance highlights on cello include recording the Grammy-nominated album Long Violent History (Tyler Childers), touring nationally with Lucette in support of Sturgill Simpson, and touring and recording with Kentucky songwriter Senora May, including performing at the historic Newport Folk Festival. Cecilia lives with her husband, Caesar, and two stepchildren in Knoxville, Tennessee.