



DR. SARAH TROICKY, PT, DPT, ATC

TRINITY PHYSICAL THERAPY AND WELLNESS

CONTACT

📞 720-727-7259

✉️ saraht@trinityptwellness.com

🌐 trinityptwellness.com

📷 @trinityptwellness

SKILLS

- Mentorship
- Collaboration
- Course Design
- Digital Marketing

MEMBERSHIPS

- IADMS

PERFORMING ARTS MEDICINE

Physical Therapy Services in the following productions at DCPA

- Little Shop of Horrors
- MJ the Musical
- Next to Normal
- Christmas Carol
- Frozen the Musical
- Phantom of the Opera
- 39 Steps
- Somewhere



PROFILE

Dedicated physical therapist and certified athletic trainer specializing in manual therapy, therapeutic exercise, performing arts medicine, and orthopedic care. Experienced in university teaching, professional presentations, and wellness education, with a passion for evidence-based practice and preparing future clinicians.



WORK EXPERIENCE

Trinity Physical Therapy and Wellness, LLC

Physical Therapist & Owner | 2021–Present

Owner and solo clinician of a private practice specializing in performing arts medicine, orthopedic rehabilitation, and injury prevention.

Denver Center for the Performing Arts

Resident Physical Therapist | 2023–Present

Provide physical therapy and wellness services to theatre co actors and production staff, supporting performance, and injury prevention.

Neurotour PT

Contract Physical Therapist | 2024–Present

Provide onsite and backstage physical therapy and injury management for Broadway touring productions, supporting performers throughout national tours on an as needed basis.

University of Colorado Anschutz

Associated Faculty, Hybrid Program | 2025–Present

Co-taught course content, assessed student work, and provided mentorship to developing physical therapy clinicians.

University of Colorado Anschutz

Associated Faculty for Physical Therapy Performing Arts Fellowship | 2026

Develop and teach course content to future performing arts medicine fellows.

Rausch Physical Therapy

Physical Therapist | 2019–2020

Developed and expanded a specialized dance and performing arts program while gaining experience in marketing, program development, and community outreach.

The Ohio State University

Student Physical Therapist | 2019

Completed clinical training at Wexner Medical Center under the director of the Dance Medicine Fellowship, gaining specialized experience in performing arts rehabilitation.



EDUCATION

Doctorate of Physical Therapy

2016 - 2019

Pacific University - Hillsboro, OR

Master of Science in Athletic Training

2013 - 2015

Pacific University - Hillsboro, OR

Graduated with Distinction

2006 - 2011

Bachelor of Arts in Integrative Physiology

University of Colorado, Boulder