Meet Our Physical Therapists ► North Haven

Joyanna Zdrojowy PT, DPT, OCS
Clinical Supervisor
- Doctorate of Physical Therapy from Sacred Heart University
- Board Certified Orthopedic Specialist
- Credentialed Clinical Instructor through the APTA
- Advanced Manual Therapy trained (Mulligan Concept)
- Enjoys sports, being outside, the Yankees and spending time with family

Rebecca L. Juliano PT, MSPT
- Master’s of Science in Physical Therapy from University of Connecticut
- Rehabilitation Certified Stott Pilates Instructor
- Maitland Manual Therapy trained
- Integrative Dry Needling trained
- Former field hockey, softball, indoor and outdoor track athlete
- Enjoys running, spending time with family, hiking and kayaking

Natalee Cifuentes PT, DPT, CCCE
- Doctorate of Physical Therapy from University of Hartford
- Center Coordinator of Clinical Education
- Continuing education includes Clinical Management of the Fitness Athlete, Reconciling Biomechanics with Pain Science, Management of the Cervical Spine, Dry Needling Lower Quarter, Rocktape certified provider
- Recreational CrossFitter, grew up dancing in Long Island, NY. Ask me about my dog Rascal!

Andrew McIsaac PT, DPT
- Doctorate of Physical Therapy from Springfield College
- Graston Technique provider
- Functional Dry Needling trained Levels 1 and 2
- McKenzie trained
- Selective Functional Movement Assessment
- Former collegiate baseball pitcher
- Enjoys exercising, hiking and spending time with his wife and daughters

Kayla Horien PT, DPT
- Doctorate in Physical Therapy from the University of Utah - Go Utes!
- Functional Range Mobility Specialist
- Certified Level 1 Kinstretch provider
- Certified Level 1 Functional Dry Needling provider
- Former collegiate softball player
- Enjoys running, cycling, CrossFitting, hiking, traveling, playing and watching sports

Lauren Tarsi PT, DPT
- Doctorate in Physical Therapy from Northeastern University
- Credentialed Clinical Instructor through the APTA
- Selective Functional Movement Assessment trained
- Certified Functional Dry Needle provider
- Enjoys running, hiking and traveling

Jason LePage PT, DPT, CSCS
- Doctorate in Physical Therapy from Quinnipiac University
- Certified Strength and Conditioning Specialist
- EXOS Performance Specialist
- Selective Functional Movement Assessment trained
- Enjoys watching the 6-time Super Bowl Champions, the New England Patriots, and spending time outdoors with family and friends

Corey Podbielski PT, DPT, CSCS, OCS
- Doctorate in Physical Therapy from Springfield College
- Board Certified Orthopedic Specialist
- Certified Strength and Conditioning Specialist
- Titleist Performance Institute Certified
- Certified in Dry Needling
- Dry Needling Certification course instructor
- Enjoys playing hockey and golf, playing music and power-lifting
• AlterG - Anti-Gravity Treadmill
• Advanced Manual Therapy Techniques
• Medical Exercise Therapy
• Aquatic Therapy
• Pilates
• Graston Technique

• Selective Functional Movement Assessment
• Taping Techniques including Kinesio Taping
• Dry Needling/Intramuscular Manual Therapy
• Mechanical Traction
• Temporomandibular Disorders

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@gaylord_PT

Convenient Locations at:
1154 Highland Avenue
Cheshire, CT 06410
(203) 679-3533

8 Devine Street
North Haven, CT 06473
(203) 230-9226

Mark Wojda PT, DPT
• Doctorate in Physical Therapy from Bellarmine University
• Experience in inpatient and outpatient settings including acute/truma, ortho and burn/wound care
• Certifications in aquatic therapy include total joint replacements, lumbar spine pathology, and conditions associated with chronic pain
• Athletic background includes prior career, sponsorship and international travel as a professional in-line skater; Current interests include action sports, particularly skiing
• Enjoys leisure time spent with wife, son and two Australian Shepherds

William B. Russo PT, DPT, ATC
• Doctorate in Physical Therapy from University of Hartford
• Certified Athletic Trainer from CCSU
• Experience working with Division 1 athletes
• Clinical interests include athletic injuries, orthopedics and geriatric conditions
• Enjoys watching baseball, playing softball, golfing and playing the ukulele

Michael Velasquez PT, DPT, CF-L3, CSCS
• Doctorate in Physical Therapy from University of Connecticut
• Certified Level 3 CrossFit Trainer
• Certified Strength and Conditioning Specialist
• Avid UConn Huskies Fan, CrossFitter, enjoys having fun, getting people moving and spending time with friends and family

Matthew Scavo PT, DPT
• Doctorate in Physical Therapy from University of Connecticut
• Part of research team examining adaptations post op ACL Reconstruction
• Former high school baseball and basketball athlete
• Enjoys golfing, fishing and being in the sun

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SPECIALTY TREATMENT TECHNIQUES & TECHNOLOGY