



Marti McDonald, MSPT Physical Therapy

With over two decades of dedicated experience, Marti stands as a seasoned physical therapist with a passion for enhancing the well-being of individuals across the lifespan. While her expertise shines in the specialized care of geriatric patients, Marti is equally adept at tailoring her approach to meet the unique needs of individuals of all ages, excluding young children. Her primary focus is on helping seniors regain optimal mobility, particularly those recovering from joint replacements, fractures, and navigating medically complex situations. Marti's commitment to personalized care is evident in her patient-centric philosophy. "I believe in fostering understanding by educating my patients about their bodies and medical challenges, empowering them to achieve their goals." Whether you're in your teens or beyond, Marti's patient and detail-oriented approach ensures that every individual receives customized care aligned with their specific needs and objectives.

MEDICAL EDUCATION

Master of Science in Physical Therapy, University of Colorado Health Sciences Center
Bachelor of Arts in Human Performance and Wellness, Mesa State University

SPECIALTY

Post-op joint replacements and fractures
Geriatrics
Osteoporosis
Cancer recovery
Complex medical conditions
Cardiopulmonary conditions

PERSONAL INTERESTS

Outdoor recreation is my passion! I am a professional mountain bike instructor and telemark skier who loves the backcountry. I also enjoy camping, hiking, floating in the river, attending concerts, and disc golf.

At this point in time I am accepting new patients.

Glenwood Springs: 1830 Blake Ave
New Castle: 820 Castle Valley Blvd, #210
Physical Therapy, Glenwood Springs: 406 Hyland Park Dr

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GMA

Glenwood Medical Associates