

Ariana Buxman, DPT

Physical Therapy

Ariana brings a unique blend of athletic expertise and compassionate care to her work as a physical therapist at GMA. A native of Glenwood Springs, she grew up immersed in the active Colorado lifestyle (including the Glenwood Grizzlies) and has always been drawn to movement and performance. Her background as a Division I ice hockey player and professional athlete in Europe informs her comprehensive approach to physical therapy. She's passionate about helping patients not only recover from injuries but also optimize their movement to prevent future setbacks. Whether addressing complex vestibular conditions, spine-related injuries, or improving biomechanics for peak performance, Ariana focuses on treating the whole body to empower her patients to stay active and enjoy everything Colorado has to offer.

MEDICAL EDUCATION

Doctor of Physical Therapy: Northeastern University, Boston, MA

Bachelor of Science: Pre-Medical Biology, Providence College, Providence RI

FELLOWSHIP

American Board of Functional Neurology and Vestibular Rehabilitation

SPECIALTIES

Vertigo, dizziness, and imbalance

Diagnosing and treating spine and musculoskeletal issues; empowering patients with personalized strategies to reduce pain, restore movement, and prevent future problems

CERTIFICATIONS

Federation of State Boards of Physical Therapy in Colorado and Hawaii

The McKenzie Method® of Mechanical Diagnosis and Therapy (MDT)

GOATA Coach (Greatest of All Time Actions) movement system to align human biomechanics to improve performance, prevent injuries, and eliminate chronic pain by reprogramming faulty movement habits.

Carrick Institute

PERSONAL INTERESTS

My loved ones, including all our animals, are my favorite part of life! Outside of work, I treasure time with my family and enjoy traveling, spending time outdoors, and having adventures at the ranch in New Castle.

At this point in time I am accepting new patients.

Glenwood Springs: 1830 Blake Ave New Castle: 820 Castle Valley Blvd, #210

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GMA

Glenwood Medical Associates