

MEET THE UAB HOSPITAL-HIGHLANDS OUTPATIENT PHYSICAL THERAPY TEAM

JUSTIN KIRK, PT, DPT

Lead Physical Therapist, UAB Athletics

Education:

- UAB: Bachelor of Science in kinesiology, 2015
- UAB: Doctorate of Physical Therapy, 2018

Career Highlights:

- Physical therapy provider to UAB Athletics, the USFL, Birmingham Legion FC, local high schools, and various community athletes
- Consultant for orthopaedic/musculoskeletal courses for UAB Department of Physical Therapy and UAB Heersink School of Medicine
- Board member for UAB School of Health Professions Junior Advisory Board and UAB Young Alumni Council



What do you enjoy most about Physical Therapy?

What I love the most about PT is helping athletes overcome injury, perform better, and prevent future injury. Sports medicine PT provides the unique opportunity to bridge the gap between traditional rehab and athletic performance.

BOLTON PATTON, PT, DPT

**Sports Medicine and Orthopaedic Staff Physical Therapist
Board-Certified Sports Clinical Specialist**

Education:

- UAB: Bachelor of Science, 2017
- UAB: Master of Science, 2018
- Baylor University: DPT, 2020
- University of Cincinnati: sports residency, 2022

Career Highlights:

- UC 2021 sports resident who helped Cincinnati make it to the college football playoffs
- PT for UAB Athletics, USFL, and Birmingham Legion FC



What do you enjoy most about Physical Therapy?

I enjoy the challenge of helping athletes return to their sport. In the competitive sports world, we are often in a race against the clock to safely get an athlete back on the field, court, or track. Each athlete brings a unique set of skills/abilities to the table. I enjoy helping our athletes train, improve, and optimize their skills.

ANDREW STANLEY, PT, DPT, MTC, CMPT, ACSM-CEP
Certified Manual Physical Therapist

Education:

- Birmingham-Southern College: Bachelor of Science in Business Administration, 2004
- UAB: Doctorate of Physical Therapy, 2009

Career Highlights:

- Physical therapy provider to UAB Athletics, UAB Medicine, USFL, Birmingham Legion FC, and active individuals in the community
- Strength and conditioning specialist with years of training experience prior to transitioning to physical therapy

What do you enjoy most about Physical Therapy?

My dad is a builder, and everything he touches is made better by his influence. PT offers me an avenue to do the same thing with my patients. I love working with athletes and active individuals to optimize performance.



COURTNEY CONTI, PTA
Physical Therapist Assistant

Education:

- University of South Carolina Aiken: BS in exercise sciences, with a concentration in fitness management, 2010
- Jefferson State Community College: Associate of Applied Sciences: physical therapist assistant, 2014

Career Highlights:

- Primary focus in post-operative orthopaedics and sports medicine

What do you enjoy most about Physical Therapy?

I really enjoy working with people to help them meet their personal goals and get back to the things they love, so they can live life to the fullest. I fully believe in the mantra, "Movement is medicine".



BRIAN RIDDLE, PT, DPT, MBA, ATC, CSCS
Board-Certified Orthopaedic Clinical Specialist
Manager of Outpatient Therapy at UAB Hospital-Highlands, UAB Athletics

Education:

- Samford University: BS in education, 2004
- UAB: Doctorate of Physical Therapy, 2007
- UAB: Master of Business Administration, 2018

Career Highlights:

- Former athletic trainer for high school, collegiate, and semi-pro sports
- Served over a decade as a full-time physical therapist with an emphasis in orthopaedics, spine, and recreational athletes
- Currently leading efforts to grow the sports & exercise medicine outpatient rehabilitation services at UAB Medicine

What do you enjoy most about Physical Therapy?

I believe in helping people progress – not giving up on themselves and realizing their true capabilities – so that they can embrace the freedom to live with purpose.



PAYTIN BOYD
Rehab Tech

Education:

- Graduating from UAB in August 2023 with a Bachelor of Science in kinesiology

Career Highlights:

- Has been teaching group fitness since 2019, certified in Zumba, strength, and HIIT formats
- Taught Taekwondo for 4 years, achieved 2nd degree black belt

Achievements:

- Samford color guard 2018



KAILEY WALTERS
Rehab Tech

Education:

- Bachelor of Science in Health Sciences, Birmingham-Southern College
- Pursuit of Health related Graduate Program Studies

Career Highlights:

- Retired member of Alpha Epsilon Delta (2021-2023)
- Birmingham-Southern Softball (2020-2022)
- Samford Softball (2019-2020)

Achievements:

- Awarded Operational Excellence from Grandview Medical Center (2023)
- Part of the Birmingham-Southern Softball team that placed 3rd in the World series, and earned Most Valued Player Award from the NCAA Southern Athletic Association (2022)

