

MAINTAINING MOBILITY AND PRESERVING INDEPENDENCE

OUR STAFF

Anne Wellington-Goldsmith, MPT

*Director, Arthritis and Rehabilitation Therapy Services (ARTS)
and the ARTS Wellness Program
Physical Therapist*

Anne Wellington-Goldsmith received her B.A. degree in Health Science and Policy from the University of Maryland Baltimore County in 1992 and her Master of Physical Therapy degree from the University of Delaware in 1999. She interned at and was later employed by Johns Hopkins Hospital in Baltimore, MD as a staff physical therapist, and has since worked in other settings where she served in both medical and managerial capacities. Throughout her career, Anne has distinguished herself as a dedicated therapist and an energetic administrator.

Since joining ARTS in 2006, she has become increasingly focused on integrating physical therapy with the other components that contribute to good health and maintaining independence. One result has been her development of the ARTS Wellness Program, offering clients access to resources for exercise, nutrition, physical therapy and therapeutic massage in the interest of improving their total well-being.

Aside from coordinating the Wellness Program, Anne will also be teaching the Back School. This is a two-part series educating individuals about vertebral anatomy and pathology, mechanics of the spine, the importance of posture, body mechanics and ergonomics as they are related to maintaining a healthy back. Anne is very excited about this course, as teaching was her first aspiration!

Teresa Ichniowski, P.T.

Physical Therapist

Teresa Ichniowski earned her undergraduate degree in Biology at Eisenhower College, Seneca Falls, NY in 1976 and received her training in Physical Therapy at Columbia University College of Physicians and Surgeons in New York City, NY in 1977. Since 1978 she has worked in a variety of settings including acute care, orthopedics, home care, and skilled nursing and assisted living facilities.

Teresa has been with ARTS for three years and is trained in the Sara Meeks Method for osteoporosis exercise, a comprehensive program that addresses posture, balance and strengthening exercises for specific muscle groups with the goal of reducing the risk of falls and the debilitating fractures that can result. The course is a five-part series that will also include an anatomy review. This class is perfect for those individuals with osteoporosis or osteopenia who are interested in learning about their diagnosis and what to do to minimize its progression.

Matthew Montag, DPT, MBA

Physical Therapist

Matthew Montag earned his B.S. degree in Business Management at the University of Florida in 2003, followed by his Doctorate in Physical Therapy in 2007 from their College of Public Health and Health Professions. During his years of practice

in the state of Florida, Dr. Montag worked with patients facing a variety of orthopedic and neurological disorders, as well as post-surgical recovery. While employed as a physical therapist, he completed his M.B.A at the University of Florida in 2009.

After relocating to Washington, DC, he joined Arthritis and Rehabilitation Therapy Services (ARTS) in early 2010. His primary focus is on returning recovering patients to their maximum levels of function through customized therapy programs centered on each patient's unique challenges and goals.

Ana Reyes, PTA

Physical Therapist Assistant

Ana Reyes received her Associate's degree as a physical therapist assistant (PTA) in 2007 and immediately passed the National Licensure Examination. Following her internship at the U.S. Soldiers Home, she accepted the position as a PTA at Arthritis and Rehabilitation Therapy Services and has since been an asset to ARA. Ana takes pride in continuing her education and has recently completed her undergraduate degree in Health Systems Management.

As a physical therapist assistant, she enjoys the hands on, one-on-one process of helping people improve their function. She values the relationships she develops with patients and strives to help individuals achieve the best possible outcomes. She has been described by her patients as an "excellent manual therapist." Ana has had a lifelong interest in helping people improve their overall well-being and, having been physically active her whole life, her goals are to help her patients achieve their fitness goals and be able to participate in the activities they enjoy. With this in mind, Ana is pleased to lead the Body Sculpting / General Conditioning exercise class as part of the ARTS Wellness Program.

John R. Acton, R.N.

Director, ARA Infusion Services

Yoga Instructor

John R. Acton, R.N. served in the U.S. Navy as a hospital corpsman, an experience that led him to pursue a career in nursing. He earned his R.N. degree in 1992, graduating with honors from Montgomery College in Rockville, MD. Since then, John has completed advanced training and holds certification in several specialized areas including cardiac care, advanced cardiac life support and intravenous infusion. In 2006 he joined Arthritis and Rheumatism Associates, PC (ARA) as the Director of Infusion Services.

Along with his career in healthcare, John has been a dedicated practitioner of yoga since 1998 and in 2004 began training as an instructor, encompassing Anusara yoga, balance yoga and yoga therapy. In 2008 he completed a program at the Duke Department of Integrative Medicine, becoming certified as both a yoga teacher and a yoga therapist. He is a registered yoga teacher with Yoga Alliance and has been teaching classes in Takoma Park, MD since 2005. John is an expert at tailoring his yoga class to the skill level of the clients, so that all may feel comfortable with participating in yoga.

Jason Joubert, MA, CCS

Personal Trainer

Jason's outstanding ability and life-long involvement in athletics inspired a passion for science and sports that led him to the study of human movement at the University of Maryland. An accomplished track athlete (a record-holder in the 400-meter hurdles), he earned his Bachelor's degree in Kinesiology. In 2004 he became a Certified Conditioning Specialist (CSS), and has since earned his Master's degree in Biomechanics from the University of Texas at Austin.

A personal trainer since 2001, Jason has rounded out his experience working in physical therapy clinics assisting therapists with patient rehabilitation and exercise prescriptions. Working effectively with individuals of all ages, he specializes in functional training, corrective exercise, and goal-specific movement training. He is equally focused on stability and balance issues, weight management and strength training.

Jason's personal and clinical experience has helped him become a very creative and effective Personal Trainer. He looks forward to exercising his skills to benefit participants in the ARTS Wellness Program.

Monica McCollin

Nutrition Consultant

Monica McCollin is a board-certified nutrition specialist and a licensed nutritionist in the state of Maryland. She is a graduate of The George Washington University in 2001 with a degree in Psychology, and holds a Master of Science degree in Herbal Medicine from Tai Sophia Institute, the only accredited program of its kind in the United States.

Experience in a demanding career on Capitol Hill fueled her interest in natural methods for achieving better health, expertise she now works to share with others. She is the founder of Holistic-Urbanite, LLC, where she counsels clients on all aspects of wellness with special emphasis on the power of nutrition to improve well-being and vitality. Monica's holistic approach and customized programs help individuals combat stress and restore balance by incorporating a healthful diet into their daily routine.

Monica is very excited to join ARA's Wellness Program, and is looking forward to assisting clients learn about how nutrition is not only extremely important in maintaining general health, but also a major component of recovering from and/or managing various conditions that they may have.

Robin Richmond Phillips

Massage Therapist

Robin Richmond Phillips is nationally certified and licensed as a massage therapist and diplomate in Shiatsu and Asian Bodywork from the Baltimore School of Massage and the Shiatsu Foundation of Canada. Robin has been in practice since 1984 and has studied Swedish massage, deep tissue, myofascial release and Shiatsu (acupressure). She is also a certified Yoga instructor through the International Sivananda Yoga Center and has been teaching in the MD/DC area since 1983.

In both her massage and yoga practices Robin has worked with children, teens, adults, pregnant women, seniors and handicapped, as well as with Hospice and Alzheimers patients. In those practices she has also created a unique, caring and gentle approach by combining her yoga and massage skills with a nursing and music background.

Margy Smariga, MA, RYT-500, Certified Yoga Therapist

Yoga Instructor

Margy is an experienced yoga teacher whose specialty is adapting the practices of yoga to the unique conditions, needs and interests of each student. She is a graduate of Bagheera Yoga/Pruyoga's 200-hour teacher training, the American Viniyoga Institute's (AVI's) 500-hour advanced teacher training and AVI's yoga therapist training. In addition, she has completed professional trainings in Yoga for Seniors and Yoga for Cancer and is certified to teach the Arthritis Foundation's Exercise Program. In her yoga classes, Margy has worked with students who have arthritis, chronic low back pain, fibromyalgia, joint replacements, cancer and a variety of other physical conditions. Margy is honored to share her love of yoga with others and to help individuals of all ages and abilities discover the many benefits that yoga has to offer them.