

Aimee Riegel, PT, DPT

Candidate Statement:

In my 6 years of service to the KPTA BOD I have firsthandly seen how important it is to have a strong and dedicated board so that we can continue to propel our profession and stay up to date with legislative as well as practice related changes that affect each of us in our daily practice. I have been blessed to work alongside other committed individuals in my time serving and can only hope to continue to serve another term as Vice President so that we can continue to give PTs in Kansas a voice not only at the state but also national level. I am very passionate about educating other PT professionals. I feel it is important that we continue to seek out non traditional ways in which PTs can practice and be reimbursed, as well as ensure that we continue to have a voice and a place at the table in not only rehabilitation but also prevention, wellness and as primary care providers. I also strive to bring attention to the underserved areas in rural Kansas and will continue to promote this on a state and national level. I would be grateful to serve another term as the Vice President for APTA Kansas.

Biography:

Dr. Aimee Riegel, PT, DPT is a graduate of the University of Kansas with a Bachelor of Science in Education with an emphasis in Exercise Science. She attended the University of Kansas Medical Center Physical Therapy program where she received her Doctor of Physical Therapy degree in 2007. She has practiced outpatient orthopedics her entire career, spending 6 years in Northeastern Kansas, where she served as the director of a small outpatient clinic prior to relocating to western Kansas in 2013.

Aimee founded FIT PT and Wellness, LLC in September 2019, a cash-based concierge practice, which she expanded to include a Fitness and Yoga Studio in October 2020. She provides services to clients in her fitness studio as well as in their homes. Aimee has a passion for helping adults stay active through their lifespan with an emphasis on health and wellness. Aimee specializes in Functional Dry Needling and is a level 2 Dry Needling practitioner. Aimee also teaches virtual and in person individual and group fitness programming, as well as offers specialty fitness and health workshops both locally and on a national level to increase awareness of health and wellness for all ages.

Aside from the clinic, Aimee devotes her time to her profession by serving on the Board of Directors for APTA Kansas. She currently serves as the Vice President of APTA Kansas. She previously served as the Payment Committee Chair from 2014 through 2019. Aimee has provided education on Defensible Documentation at various state conferences and launched the first webinar on the APTA Kansas Website. Aimee was awarded the APTA Emerging Leader award in 2017. She also founded and serves as executive director of a non-profit organization, Lovegrass Music Festival Association, which funds an annual free music festival in North Central Kansas.

Aimee is a native of Pawnee Rock, Kansas where she grew up on the family farm, attending Great Bend High School. She and her husband, Jason, spent 12 years in Lawrence before moving back to western Kansas to raise their two sons, Jonah and Jude. In her free time Aimee and her family enjoy playing bluegrass and performing in their band, 80 Proof Alice, camping, kayaking, hiking, shooting sports and attending concerts and sporting events.