IMPACT PHYSICAL THERAPY

CHICAGO RECOVERY ROOM

TEAM MEMBER SPOTLIGHT

- 17 Years of Athletic Training Experience
- Certifications: ATC, RN, ACE Health Coach, & RRCA running coach
- I've played volleyball, basketball, softball, and rugby. I have run 4 marathons and continue to love running. I coach club volleyball, so I still try to get some touches on the court!
- Favorite recovery tool: Foam roller. It hurts when you are using it, but always feels so good after.
- Favorite athlete: My daughter!



Book a recovery service with Kristie today!

Kristie Bernhard

Chicago Recovery Room Naperville