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Tori has been a competitive swimmer for 25 years. Beginning her swim history as part of the Champlain Valley Swim League and over the last 10 years participating in open water swimming events. She attributes her success and ability to sustain swimming at a competitive level, to maintaining balance and postural stability within the shoulder and core muscles. In Physical Therapy practice, Tori utilizes manual therapy, kinesiotaping, integrative dry needling, dry land exercises, postural stabilization and stroke assessment to assist swimming athletes to reach their full potential.

### **Here's what some EDGE swimmers who have worked with Tori have had to say:**

EDGE team and Vermont record holder, Ella Miller:

“When I went to physical therapy last year with Tori for my shoulder, it was a great experience. Tori was very easy to relate to, and she tried to help me in many different ways. Tori is a swimmer, so she could easily relate to the long hours of swimming every week. She tried her best to help my shoulders without cutting swimming out of my schedule. Tori also took time out of her day to come by during a swim practice. She watched my stroke to make sure that my technique wasn't the cause of my soreness. She worked with me and coach Caleb to gradually get me back to full strength. I'm seeing great progress and am very thankful for her help.”

Here's what head coach Caleb Hall-Potvin has to say about the work Tori has done with EDGE swimmers:

“Tori has a passion and very caring investment not only with the sport of swimming, but with EDGE swimmers. She constantly asks and inquires about team happenings and the success of our swimmers. She has made numerous efforts to be available outside her normal office hours to demonstrate beneficial dryland exercises to many of our swim programs, not just clients she sees. I have had the privilege to be allowed to watch and help partake in some of her meetings with EDGE swimmers who have worked with her. Tori has a great knowledge of the sport and demonstrates that through swim assessments. She does an excellent job not only explaining the problem, but how to solve it, and even more importantly, how to prevent it from happening again. I feel extremely confident and would recommend Tori above all other DPT professionals in the area for serious swimmers who are dealing with pain or discomfort.”