

20 Under 40 Award: Dr. Holly Weidenhamer



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STEVE DAVIS/The Register-Mail

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GALESBURG — This week's recipient of the Young Professionals of Galesburg and the Galesburg Area Chamber of Commerce's "20 Under 40" award to be profiled is Dr. Holly Weidenhamer, Outpatient Clinic Manager and Physical Therapist at Cottage Rehab and Sports Medicine.

According to the nomination, Weidenhamer began her career as a Physical Therapist as a new graduate six years ago and "instantly stood out with her abilities of leadership, ability to supervise others, as well as clinical skills. She quickly advanced to being the lead outpatient therapist and assisted the former clinic manager in management duties."

Two years ago, after only four years on the job, she advanced to the position of Outpatient Clinic Manager of the largest clinic in the Advanced Rehab and Cottage Rehab family of clinics and "has continued to excel in leadership and business development in our company and in the community."

Here's more about Weidenhamer in her own words:

Q. What do you do in your current position?

A. As the clinic manager, I am in charge of supervising the day to day tasks performed by each staff member and meeting the ever-changing needs of my staff, the patients and our referral sources. I implement and ensure compliance with policies and procedures set by our corporate office to meet state and federal guidelines. I also work to support and encourage company performance improvement programs. I analyze productivity statistics and look for areas of improvement and the strengths of our clinic. As a physical therapist, I work with patients of all ages and all diagnoses to improve functional mobility, strength and/or a return to optimal independence. I specialize in pregnancy and postpartum care and have deep seated passion for sports medicine.

Q. How are you involved in the community?

A. I am lucky to have been invited to speak at several community events regarding education on pregnancy/postpartum, sports injuries, orthopedic rehabilitation, etc. I have worked with the A-Town high school football team as sideline medical staff for the past six years. I helped to facilitate the Cottage Hospital Bariatric Support group, Go Red for Women events and other educational events. I also have been involved in a working moms group at my church, Bethel Baptist. I enjoy performing free injury screens and pain consultations at every opportunity or event I can. I am a member of Chapter BB PEO and support our local and national Wounded Warrior Project.

Q. Of what achievement are you most proud?

A. Thus far, my most proud achievement is being a mother and wife. "My cup runeth over" with the blessings of my family. Professionally I am very proud of the development of our Sports Medicine Program and outreach services. In the past two years, Cottage Rehab has provided services to seven local high schools. We are working hard to expand these services and to find appropriate avenues for coaches, players and families to utilize our services and knowledge. Unfortunately with tight budgets and staffing restrictions, most small high schools are unable to provide the training and support required to meet current and upcoming IHSA rules. This is where Cottage Rehab can step up and lend our expertise.

Q. What advice do you have for other young professionals?

A. Do not fear change. If we are not changing, then we are not growing. It is important to step back and assess your strengths and areas of improvements. I thrive on feedback from staff, the good, the bad and severely honest. The most important lesson I have learned thus far is nothing and I mean nothing replaces hard work.

Q. What's the most important thing people should know about your community?

A. There is so much potential! This community is filled with people who want to make things better. We need to let go of the past and embrace the future. I have had experience working with some of the governmental bodies of this area and the barriers that are being thrown to new businesses is frustrating. I would like to see the people who have a heart for growth and expansion, step up and take on local leadership roles in order to allow this area to thrive.

Dr. Holly Weidenhamer Age: 32 Residence: Abingdon Profession: Outpatient Clinic Manager and Physical Therapist at Cottage Rehab and Sports Medicine Education: Bachelor of science in Health Education from Southern Illinois University-Edwardsville and Doctor of Physical Therapy from Washington University in St. Louis. Family: Husband, Chancey; daughter, Ava, 3; and son, Owen, 16 months.

About the award The Young Professionals of Galesburg and the Galesburg Area Chamber of Commerce have launched the "20 Under 40" award. This award honors 20 individuals under the age of 40 considered to be "movers and shakers" in the community. Honorees will be profiled each week through Jan. 31, 2016, in The Register-Mail. They will be included in a special supplement in February 2016, in addition to being recognized at the chamber's annual dinner to be held in February 2016. The 20 honorees are judged on their outstanding career achievements and community impact. A panel of judges evaluated each nomination on information provided in the following categories: Reason for nomination, career achievements/special awards and recognition, community involvement, volunteerism and community service leadership skills.