



Heather Lopez, PT, DPT, OCS, SCS

Board Certified in Sports & Orthopedic Physical Therapy

Heather Lopez is a board-certified sports and orthopedic clinical specialist who has a broad range of expertise working with a variety of patients in the outpatient orthopedic setting and the U.S. military. She joined Saltzer Health in August 2021.

Lopez has worked as a physical therapist in the Treasure Valley over the past six years at both Foothills Physical Therapy and St. Luke's. She enjoys not only time in the clinic but serving as a PT in the community. She also works at PIVOT Lifestyle and Fitness where she creates training programs and one-on-one instruction for individuals who may be wrapping up formal physical therapy or need assistance with proper movement and mechanics to safely and effectively exercise without risk for injury. Lopez has also been a returning guest lecturer in Idaho State University's Doctor of Physical Therapy program for the kinesiology of running portion of their curriculum.

Nationwide, she serves as an Injury Prevention Specialist with O2X Human Performance where she provides injury prevention training and education to tactical athletes, elite teams, and top tier organizations. This combination of clinical roles and education allow her to meld her passion for teaching, military background, and love for all things movement.

Lopez earned a doctorate of physical therapy from Baylor University's Army/Baylor Doctorate program in conjunction with the U.S. Army Medical Department and School Fort Sam Houston, Texas, and served as a physical therapist in the Army for six years working with both an Infantry Brigade and a Special Operations unit. She has two combat deployments to Afghanistan, one with each of these units.

She received a bachelor's of science degree in kinesiology from Michigan State University. In her free time, Lopez is currently studying for an associate's degree in aviation at Treasure Valley Community College, and enjoys time in the foothills on foot or bike with her husband, Tim, and dog Gertie.



TO SCHEDULE AN APPOINTMENT:

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