

About

Our Staff

Alicia Esparza, MPT / Owner

Alicia was raised in Denver, Colorado and has spent her entire career in the southwest. Alicia holds a Masters degree in Physical Therapy from The University of Colorado Health Sciences Center. Prior to owning Taos Physical Therapy Inc., Alicia spent a decade in Yuma, Arizona providing outpatient care at a clinic and inpatient acute care at Yuma Regional Medical Center.

As a "City Girl" Alicia has a deep love for theatre, modern dance, and arts of all kinds. She is an active person and enjoys dancing, skiing, hiking, and Aikido and can be found cheering on the Taos Coyote hockey teams and all of the Taos Tiger athletes.

Paige Davidson, PT, DPT

Paige received her Doctorate of Physical Therapy in 2006 at Northern Arizona University in Flagstaff, AZ. She has had the privilege of working in various physical therapy settings across Arizona, Idaho and Albuquerque, with a recent move to Taos in the summer of 2018. She is a hands-on therapist, with a practice emphasis that has focused on outpatient orthopedics, sports injury, industrial and surgical rehabilitation, vestibular dysfunction, long-term pain management and patient education.

Originally raised in the Boston area, Paige had parents with a passion for skiing and grew up exploring the mountains of New England. After a visit to the Rocky Mountains as a teenager, she knew right away the West was the place for her. She has since spent as much time as possible skiing, mountain biking, dirt biking, hiking, backpacking and generally soaking in all the Western mountains have to offer for the past 20 years. She and her husband have two young children and a rescue dog who also can't seem to get enough of the outdoor excursions.

Having experienced both small town and city life, Paige is thrilled to be back in a mountain town where she can not only pursue the adventures she desires, but can help others with their healing so they may do the same.

Katie Lund, PTA, MLS, CPT

As a native of New England, Katie received her Bachelor of Fine Arts from the University of Massachusetts Amherst in 2003. After working as a graphic designer for seven years, Katie returned to school and became licensed as a Physical Therapist Assistant in 2012. She began working in an out-patient clinic and sports performance center. As a runner and finisher of the Boston Marathon, she expanded her clinical knowledge in gait analysis to help other runners identify and correct movement and postural dysfunctions.

In 2015 Katie moved with her husband and their dog to Southern California. She continued to work with athletic populations up to the professional level. She took a special interest in assessing breathing patterns after receiving training through Postural Restoration Institute and Dynamic Neuromuscular Stabilization. Katie strives to incorporate functional movement into her treatments as well as educating patients on the importance of movement pattern correction. In 2018 Katie completed the Movement Links seminar series to enhance her skills in assessment and treatment of movement dysfunction. In 2019 Katie became a certified Movement Links Specialist. Katie is also a Barefoot Training Specialist, Gait Happens Gait Guru, and NASM certified Personal Trainer.

Katie relocated again with her family in 2019 to Taos. They were drawn to a quieter lifestyle surrounded by the beautiful landscape. Katie currently spends her free time hiking, running, biking, and skiing.

Leo Kaeck, PTA, C-PS

Leo grew up homeschooled in Taos, skiing the mountain, camping, training and teaching Taekwondo.

He achieved his associates and acquired his license as a Physical Therapy Assistant, completing his clinical academic work at Taos Physical Therapy under Alicia and starting work in 2016.

In 2020 Leo moved to Albuquerque to continue his education and continue progressing in his field. During this time, he achieved his Champion-Performance Specialist certificate through Mike Reinold. This took his practice into optimizing performance with higher level sports activities, as well as typical daily movements, and generally supporting his clients in returning to, or sustaining activities that they love. He returned to Taos in 2022 to be closer to his family, happy to be able to play on the ski slopes while providing for the community that helped raise him.

Office Staff

Alex Hernandez, PT Technician and Technical Support

Cori Trujillo, Administrative Assistant and Authorizations

Amanda Martinez, Administrative Assistant