



Alexis Herrman PT, DPT **“Lexy”**

Education

- Doctorate of Physical Therapy: University of Nebraska Medical Center
- Bachelor of Science in Kinesiology: Kansas State University

Certifications

- Dry Needling 1: Foundations
- Herman and Wallace Pelvic floor 1
- Postural Respiration Institute
- Myokinematic Restoration
- American Heart Association- BLS for Healthcare Providers

Specialties

- Dance and Performing Arts Medicine
- Pelvic Floor Therapy
- Vocal Massage and Laryngeal Mobilization
- Manual Therapy
- Soft Tissue & Myofascial Mobilization
- Cupping
- Dry Needling