

About Us

Our Team

Paul Bauer, PT, DPT, OCS, FAFS, FMR, CLT

Paul Bauer is the Owner and Director of Physical Therapy Specialists of Guilford. He graduated from the University Of Connecticut in 2000 and he was Board Certified in Orthopedic Physical Therapy by the American Board of Physical Therapy Specialties in 2002 and re-certified in 2012. Following Board Certification, Paul went on to subspecialize and attain certification in manual therapy, spine rehabilitation, sports injury prevention, and functional biomechanics. Paul further advanced his clinical expertise in 2008 by completing a year-long Fellowship in Functional Biomechanics at the Gray Institute, Adrian, Michigan.

Paul has worked as a physical therapist on the PGA tour, has served on a panel of national experts in the area of spine rehabilitation, lectures regularly to practicing physical therapists, and is a clinical instructor for several physical therapy programs in CT and around the country. In 2008, he was named Clinical Educator of the Year by the New England Consortium of Academic Coordinators of Clinical Education. He has recently established an Orthopedic Residency Program and is currently publishing original research in the areas of Regional Interdependence and Functional Biomechanics. In 2021, Paul received the Community Partner Award from Sacred Heart University in recognition of his work with doctoral students, post-doctoral residents, continuing education lectures, and research initiatives.

In addition to his professional service, Paul has served on various Boards of Directors for community schools and organizations, volunteers as a youth sports coach, and has provided dozens of educational programs for youth sports organizations and coaches in the areas of injury prevention and safe conditioning on a volunteer basis.

Paul and his wife live in Guilford, CT where they are raising their four children. They value time spent with their family and enjoy traveling, hiking, skiing, and attending their children's school and sporting events.

Eric Meoli, PT, DPT, OCS, FAFS, MTC, FMR

Eric joined Physical Therapy Specialists in 2012 after receiving his Doctorate in Physical Therapy from Sacred Heart University. After completing a 2-year residency at Physical Therapy Specialists, Eric was promoted to Staff Physical Therapist in 2014. He was later promoted to Senior Physical Therapist and he now serves in the role of Assistant Director.

While in practice at Physical Therapy Specialists, Eric earned Board Certification in Orthopedic Physical Therapy (OCS), completed a Fellowship in Applied Functional Science (FAFS) from the Gray Institute, and received his Manual Therapy Certification (MTC) from Evidence in Motion. He is also certified in Instrument Assisted Soft Tissue mobilization and completed coursework in Mechanical Diagnosis and Treatment of spinal disorders with the McKenzie Institute.

As a Credentialed Clinical Instructor, Eric also coordinates clinical experiences for physical therapy students from Sacred Heart University, Quinnipiac University, UCONN, and Stony Brook University as well as other programs from around the country.

In his spare time, Eric enjoys spending time with his wife Stephanie, son Luco and daughter Lennon. They can be found boating, fishing, hiking, traveling and relaxing at the beach.

Michael Oriente, PT, DPT, OCS, FAFS, MTC, FMR

Mike Oriente achieved his Bachelor of Science in Exercise Science and Nutrition in 2013, and his Doctor of Physical Therapy (DPT) from Sacred Heart University in 2016.

He interned at Physical Therapy Specialists of Guilford in his final year of school and feels very fortunate to have studied under Paul Bauer. “Those 10 weeks of clinical rotation cemented my ambitions to become an advanced practicing orthopedic Physical Therapist. At this point, I want to help give that experience to other students interested in manually therapy concepts and evidence-based orthopedic physical therapy.”

After joining the company in 2016, Mike completed a 2-year residency program, earned his Manual Therapy Certification (MTC) through Evidence in Motion and became a Fellow of Applied Functional Science (FAFS) through the Gray Institute. He is also an APTA Board Certified Orthopedic Clinical Specialist (OCS) and he is now serving as a clinical instructor for several area physical therapy programs.

He says his original decision to become a physical therapist stems from the fact that he was injured doing what he loves. “I knew when I was young that I wanted to dive deeper into why people got hurt, and figure out ways to get them better. In my junior year at The Taft School, I tore my hamstring in a soccer match, and like many of my patients, I was sent to a local physical therapist. I was so impressed by the way that physical therapy helped heal my leg, and ultimately my life. I knew from that moment that I wanted to become a Physical Therapist.”

Mike currently lives in Old Saybrook.

James Heeren, PT, DPT, OCS, FAFS, MTC, FMR, CSCS

A passion for helping people return to their full functional ability after injuries prompted James to pursue a career in physical therapy.

He earned his B.S. in Exercise Science from the University of New Hampshire and his Doctorate in Physical Therapy from the University of Connecticut before joining the company in 2016.

James is an APTA Board Certified Orthopedic Clinical Specialist (OCS) and has completed his Manual Therapy Certification (MTC) through Evidence in Motion. In 2020 he became a Fellow of Applied Functional Science (FAFS) through the Gray Institute. James is also a LSVT Big Certified Physical Therapist. The LSVT Big program is specifically designed to treat individuals with Parkinson’s Disease in order to help reduce continued functional loss and improve functional independence. He has also completed

coursework in Instrument Assisted Soft Tissue mobilization and Mechanical Diagnosis and Treatment of spinal disorders with the McKenzie Institute. Additionally, he is a Certified Strength and Conditioning Specialist.

Outside of the clinic, James enjoys spending time with his wife and dogs, listening to music, watching baseball, and exploring local craft breweries.

Jonathan Goldfarb, PT, DPT, OCS, FAFS, MTC, FMR

Jon first realized his passion for the transformative ability of physical therapy when he suffered running related injuries in high school. He took this desire to learn to Sacred Heart University where he majored in Exercise Science in 2016, earned his doctorate in Physical Therapy in 2019, and completed a 1-year intensive Orthopaedic Residency in 2020. He joined the company in 2019 while completing his residency and he was board certification in Orthopedic Physical Therapy (OCS) in March 2021.

During his residency, Jon developed an interest in research. He, along with his co-authors, went on to publish a case report in the Journal of Orthopaedic and Sport Physical Therapy Cases, a highly respected journal in the physical therapy community. Jon, along with Practice Director Paul Bauer, are currently working on several research projects in collaboration with Sacred Heart University. He has presented posters at the APTA's regional and national conferences, being awarded the top poster presentation in the Residency and Fellowship Special Interest Group in 2021.

He is currently completing a 40-week Fellowship of Applied Functional Science (FAFS) through the Gray Institute and is scheduled to finish in November 2021. Additionally, Jon is planning to begin his Manual Therapy Certification (MTC) program in 2022.

Outside of the clinic, Jon enjoys spending his time working out, playing tennis, running, and hiking with his Goldendoodle. He was also awarded the prestigious Carnegie Medal in 2020, a national award given in recognition of outstanding acts of bravery performed in saving the life of an individual or individuals.

Carleen DelGreco, PT, DPT, OCS, FAFS, MTC, FMR

An appreciation for quality of movement and a desire to serve others while establishing interpersonal connections prompted Carleen DelGreco to consider a career in physical therapy.

She earned her Bachelor of Science in Health Sciences at Quinnipiac University in 2016 and earned her Doctorate in Physical Therapy from Northeastern University in 2020.

She joined the company in September 2020 and was quickly enrolled in a two-year residency program where she is undergoing extensive training and didactic learning under the guidance and mentorship of Paul Bauer. Within her residency period, she will complete her Manual Therapy Certification (MTC), train with the McKenzie Institute in mechanical disorders of the spine, complete a Fellowship in Applied Functional Science (FAFS) at the Gray Institute, and sit for her board certification in Orthopedic Physical Therapy (OCS).

When she is not working, she enjoys visiting her family in New Hampshire, teaching dance, drinking coffee, paddle-boarding, and reading at the beach.

Danielle Wiston, PTA

Danielle Wiston is a skilled physical therapy assistant committed to advancing her knowledge and skills in evidence-based interventions. She graduated from Tunxis Community College and Naugatuck Valley Community College in 2015.

Danielle is trained in LSVT Big treatment for individuals with Parkinson's Disease and has completed coursework in Instrument Assisted Soft Tissue Mobilization and Mechanical Diagnosis and Treatment. She is currently undertaking coursework in Applied Functional Science.

Outside of work, Danielle enjoys cycling, scuba diving, and singing karaoke with her husband.

Lauren Brandau, PT, DPT

Lauren Brandau, PT, DPT, is a passionate physical therapist dedicated to patient-centered care and professional development. She received her Doctorate of Physical Therapy from Simmons University and joined Physical Therapy Specialists in 2022.

Currently completing an Orthopedic Residency, Lauren plans to pursue board certification and further education in manual therapy and Applied Functional Science. She is already Level 2 certified in Functional Dry Needling.

Outside of work, Lauren enjoys soccer, comedy shows, and movies.

Allie Zipser, OTR/L, CHT

Allie Zipser, OTR/L, CHT, is a compassionate occupational therapist specializing in upper extremity rehabilitation. She earned her Bachelor of Health Sciences and Masters in Occupational Therapy from Quinnipiac University in Hamden, Connecticut.

Allie worked as an occupational therapist for several years before becoming a Certified Hand Therapist (CHT). She comes with extensive experience in shoulder, elbow, wrist, and hand therapy. She emphasizes patient-centered and holistic approaches to promote independence in daily activities. Prior to joining the Physical Therapy Specialists team, Allie worked alongside orthopedic upper extremity and hand surgeons to rehabilitate patients after surgery or injury. She is also a certified Exos Fitness Specialist and incorporates this passion for fitness into her treatments.

Outside of work, Allie enjoys going to the beach, bike riding, exercising, and spending time with family. She resides in East Lyme, Connecticut.

Tracey Strand, BS

Tracey Strand received her Bachelor of Science degree in business management from Albertus Magnus College in New Haven, Connecticut and currently services as Office Manager for Physical Therapy Specialists.

In her current role, Tracey is responsible for all aspects of the billing cycle and works as a liaison between patients, therapists, and payers. She manages insurance authorizations, pre-approvals, and claims submissions.

She has a broad range of experience in office administration and management as well as a proven record of far exceeding individual and team performance objectives.

She has extensive experience with budgets and fiscal office management and strong interpersonal skills and superb organizational ability. She is also well versed with insurance billing and monitoring functions.

She has been with the company since its founding in November, 2011.