

Kate Hoppensteadt MSPT, ManipPhysio, COMT.

Kate is a Certified Orthopaedic Manual Therapist, she obtained her M.S. in Manipulative Physiotherapy from the University of Australia in Sydney ('02) and her M.S. in Physical Therapy from West Carolina University ('99), after receiving her B.S. in Allied Health from the University of North Carolina at Charlotte ('96). Kate has been a MAPS instructor since 2004, and presented at two MAPS Symposiums on spine stabilization and on cervicogenic dizziness at the 2016 MAPS Symposium. She contributed to writing the MAPS Upper Cervical Dysfunction course. Currently, Mrs. Hoppensteadt is the owner of a fee for service practice in Asheville, NC, focusing on orthopedic injuries including chronic lower back pain, headaches, whiplash injuries, dizziness, TMD, neck pain, shoulder, ankle, and hip pathologies. Special interest in treating athletes, especially cyclists. Kate also teaches a three hour motor control for the low back class across North Carolina. Mrs. Hoppensteadt has over 20 years of clinical experience, and has been trained in Maitland and McKenzie, plus various philosophies of manual therapy including Hodges, Mulligan, Jull, and McConnell.