

About Us

Meet Our Team

Dr. Richard Holsman, PT, DPT, MAT, GCS, MBA - President & CEO

Holsman Physical Therapy and Wellness

Dr. Richard Holsman, a distinguished physical therapist and astute business leader (NJ License #40QA00978900), serves as the President and CEO of Holsman Physical Therapy and Wellness. His clinic group practice, renowned for its team of skilled Physical Therapists, Speech, and Occupational Therapists, specializes in the prevention, wellness, and treatment of clients and patients of all ages.

Strategic Locations for Enhanced Accessibility

Holsman Physical Therapy and Wellness proudly serves communities across New Jersey – including Clifton, Cedar Grove, Verona, Glen Ridge, Montclair, Caldwell, Fair Lawn, Woodland Park, Little Falls, Elmwood Park, Lyndhurst, Rutherford, Bloomfield, Newark, Paterson, Kearny, Nutley, North Arlington, Harrison, Jersey City, South Orange, East Orange, Maplewood, Rahway and surrounding areas. In New York City, our clinics are located in the Bronx and Brooklyn. Additionally, we offer specialized House Calls in Indiana.

Academic Achievements and Professional Expertise

- MBA with High Honors: Dr. Holsman has recently augmented his expertise in healthcare management by earning an MBA with High Honors from Questrom School of Business at Boston University.
- Doctorate in Physical Therapy: His professional journey in physical therapy began at Boston University's Sargent College of Health and Rehabilitation Sciences, where he earned his Doctorate.
- Master's Degree in Teaching: He holds a Master's in Teaching, majoring in Health Education.
- Undergraduate Degree in Physical Therapy: Dr. Holsman commenced his medical career with an undergraduate degree in Physical Therapy from the University of Perpetual Help Rizal, graduating with Best Intern and most outstanding graduate honors.

Innovations, Certifications, and Specializations

- No Fall Protocol®: As an innovator in physical therapy, Dr. Holsman developed the No Fall Protocol® Balance and Prevention Program, catering to the needs of older adults.
- Certified in Dry Needling: Dr. Holsman is certified in Dry Needling, a specialized and effective technique in physical therapy.
- Licenses and Certifications: He holds physical therapy licenses in New Jersey, New York, Indiana, Kentucky, Texas, and Connecticut State. His expertise is further enhanced by his certification as a Board Certified Geriatric Clinical Specialist (GCS) by the American Board of Physical Therapy Specialties (ABPTS).

Diverse Leadership Roles in Healthcare

- Holsman Healthcare: As President and managing director, Dr. Holsman leads Holsman Healthcare, a leading healthcare consulting and rehabilitation services company.
- Home Therapy PT Physical and Occupational Therapy LLC: He oversees operations at this New York State provider of therapy services.
- Holsman Physical Therapy & Rehab of Ind LLC: This entity focuses on providing mobile therapy and house calls in Indiana.

Dr. Holsman's unwavering commitment to physical therapy and wellness, coupled with his extensive qualifications and innovative approach, positions him and his clinics at the vanguard of patient-centered care and advanced therapy practices.

Dr. Dhaval C. Talati, PT, DPT, MS, COMT, FAAOMPT, Cert. DN

Clinic Supervisor - Holsman Physical Therapy

As a Clinic Supervisor at Holsman Physical Therapy, Dr. Dhaval Talati is an esteemed Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT) – a distinction recognizing exceptional clinical expertise in orthopedic manual therapy. This prestigious certification underlines his commitment and skill in providing top-tier physical therapy services.

Educational Background and Specialized Training

- **Doctorate in Physical Therapy:** Dr. Talati pursued his advanced education in physical therapy at Utica University, where he earned his Doctorate.
- **Master's Degree in Physical Therapy:** Further showcasing his dedication to the field, he obtained a Master's degree in Physical Therapy from the University of Pittsburgh, Pennsylvania.
- **Post Graduate Diploma in Hospital Administration:** His academic portfolio also includes a Post Graduate Diploma from Apollo Hospitals, enhancing his healthcare management skills.

Expertise in Manual Therapy and Sports Injuries

Dr. Talati's proficiency is not just limited to general physical therapy practices. He has undergone advanced training and specializes in manual therapy and sports injuries. This specialization equips him to handle complex cases and provide tailored treatment to athletes and individuals with sports-related injuries.

Certifications and Holistic Approach

- **Certified Practitioner in Dry Needling:** Dr. Talati is certified in Dry Needling, a technique known for its effectiveness in pain management and muscle rehabilitation.
- **Kinesio-Taping and Maitland Mobilization:** His certification in Kinesio-Taping and expertise in Maitland mobilization techniques further accentuate his comprehensive approach to patient care.

As a dedicated practitioner, Dr. Dhaval Talati is committed to a holistic approach to patient care, ensuring a balance between advanced therapeutic techniques and personalized patient engagement. His diverse skill set and extensive qualifications make him a key member of the Holsman Physical Therapy team, dedicated to delivering quality care and optimal outcomes for patients.

Dr. Oliver Francis Rivera, PT, DPT, MSHS, Cert. DN, OCS

Clinic Supervisor - Holsman Physical Therapy

Dr. Oliver Francis Rivera, a distinguished Clinic Supervisor at Holsman Physical Therapy, holds an esteemed Orthopedic Clinical Specialist (OCS) Board Certification from the American Board of Physical Therapy Specialists (ABPTS). This prestigious certification is a formal recognition of his advanced clinical knowledge, experience, and skills in orthopedic physical therapy, a niche that requires exceptional expertise in evaluating and treating musculoskeletal conditions.

Orthopedic Expertise and Recognition

Orthopedic Clinical Specialists like Dr. Rivera are acknowledged experts in their field. As of June 2018, only 372 out of 12,765 licensed physical therapists in New Jersey had achieved this certification, highlighting the exclusivity and significance of this accomplishment in the physical therapy community.

Educational Excellence and Specializations

- **Doctorate in Physical Therapy:** Dr. Rivera's commitment to his profession is evidenced by his Doctorate in Physical Therapy from the University of Montana.
- **Master of Science in Health Science:** He further expanded his healthcare expertise with a Master's degree in Health Science from the University of the Philippines.
- **Bachelor of Science in Physical Therapy:** Dr. Rivera laid the foundation of his medical career with a Bachelor's degree in Physical Therapy, also from the University of the Philippines.

Specialized Skills and Patient Care Approach

Dr. Rivera is not just a clinical expert in orthopedics; he is also a certified therapeutic pain specialist and holds certification in Dry Needling. These specializations enable him to provide innovative and effective pain management techniques, enhancing patient care quality.

His role at Holsman Physical Therapy involves leveraging his comprehensive knowledge and skills to treat a wide range of musculoskeletal issues. Dr. Rivera's approach to patient care is characterized by a blend of advanced therapeutic techniques and a personalized engagement strategy, ensuring each patient receives the highest standard of care tailored to their specific needs.

Dr. Mandakini Desai, PT, DPT, NCS

Clinic Supervisor - Holsman Physical Therapy

Dr. Mandakini Desai, a Clinic Supervisor at Holsman Physical Therapy, is distinguished by her Neurologic Clinical Specialist (NCS) Board Certification from the American Board of Physical Therapy Specialists (ABPTS). This prestigious certification is a testament to her advanced clinical knowledge, experience, and skills in neurologic physical therapy. It serves as a formal recognition within the healthcare community, assisting consumers in identifying highly qualified physical therapists in this specialty.

Neurologic Expertise and Distinction

As a Neurologic Certified Physical Therapist, Dr. Desai is part of an elite group in the field. As of June 2018, she was one of only 78 physical therapists in New Jersey, out of 12,765 licensed PTs, to hold this certification. This demonstrates her exceptional expertise in neurologic rehabilitation and her commitment to providing the highest standard of care to her patients.

Educational Background

- **Doctorate in Physical Therapy:** Dr. Desai pursued her Doctorate in Physical Therapy at Temple University, reflecting her dedication to advancing her knowledge and skills in the field of physical therapy.

Specialization in Neurologic Physical Therapy

In her role at Holsman Physical Therapy, Dr. Desai specializes in treating patients with neurological conditions, employing her extensive knowledge and skills to improve their quality of life. Her expertise includes developing and implementing comprehensive treatment plans tailored to the unique needs of each patient.

As a Neurologic Clinical Specialist, Dr. Desai is dedicated to advancing the field of neurologic physical therapy, staying abreast of the latest research and techniques. Her patient-centric approach ensures that individuals receive personalized care designed to maximize their rehabilitation outcomes.

Dr. Niki Shah, PT, DPT, NCS

Clinic Supervisor - Holsman Physical Therapy

Dr. Niki Shah stands out as a Clinic Supervisor at Holsman Physical Therapy, renowned for her expertise in neurologic rehabilitation. She holds the esteemed Neurologic Clinical Specialist (NCS) Board Certification from the American Board of Physical Therapy Specialists (ABPTS), a mark of her advanced clinical knowledge, experience, and skills in neurology-based physical therapy practices.

A Leader in Neurologic Physical Therapy

This certification is a formal acknowledgment of Dr. Shah's superior proficiency in the neurologic specialty, distinguishing her among her peers in the healthcare community. With this recognition, Dr. Shah is among the elite 78 Neurologic Certified Physical Therapists in New Jersey, a significant achievement considering the total of 12,765 licensed PTs in the state as of June 2018.¹ This distinction highlights her commitment to excellence and dedication to advancing neurologic physical therapy.

Commitment to Advanced Neurologic Rehabilitation

Dr. Shah's dedication to her field is reflected in her patient care approach, focusing on individuals with neurological conditions. Her expertise encompasses a wide range of neurologic disorders, offering patients cutting-edge, evidence-based treatments designed to enhance mobility, function, and quality of life.

Expert Care at Holsman Physical Therapy

At Holsman Physical Therapy, Dr. Shah leads with a patient-first approach, utilizing her specialized skills to offer comprehensive neurologic rehabilitation. Her role as Clinic Supervisor ensures that the highest standards of care are maintained, providing personalized treatment plans that address the specific needs of each patient.

As of June 2018, there were only 78 Neurologic Certified Physical Therapists out of 12,765 licensed PTs in NJ.¹

Dr. Fatima Santiago, PT, DPT

Clinic Supervisor - Holsman Physical Therapy

Dr. Fatima Santiago, an accomplished Clinic Supervisor at Holsman Physical Therapy, holds a Doctor of Physical Therapy degree from Arcadia University. As a certified LSVT clinician, she specializes in innovative treatments that improve mobility and quality of life for patients with movement disorders.

Expertise in Wellness, Physical Therapy, and Injury Prevention

Based in Kearny, New Jersey, Dr. Santiago is recognized for her expertise in wellness, physical therapy, and injury prevention. Her comprehensive approach combines the latest evidence-based practices with a patient-centered focus, ensuring tailored treatment plans that address the unique needs of each individual.

A Leader in Physical Therapy and Rehabilitation

Dr. Santiago's commitment to excellence in physical therapy is evident in her dedication to patient care and rehabilitation outcomes. Her LSVT certification highlights her specialized training in voice and movement therapies, particularly beneficial for patients with Parkinson's disease and other neurological conditions.

Committed to the Kearny Community and Beyond

Serving the Kearny, New Jersey community and surrounding areas, Dr. Santiago's expertise in wellness and physical therapy positions her as a leader in promoting health and preventing injuries. Her role at Holsman Physical Therapy underscores the clinic's mission to provide exceptional rehabilitation services and support patients in achieving their full potential for health and mobility.

Brandon Gorny, MSOT, OTR/L, CHT

Licensed and Registered Occupational Therapist/Certified Hand Therapist - Holsman Physical Therapy

Mr. Brandon Gorny, a key member of the Holsman Physical Therapy team, is a licensed and registered Occupational Therapist. His credentials are further bolstered by his certification as a Certified Hand Therapist (CHT), a distinction that highlights his specialized expertise in hand therapy.

Specialization in Upper Extremity Rehabilitation

- **Expert in Hand Therapy:** As a Certified Hand Therapist, Mr. Gorny possesses advanced skills in treating injuries and conditions related to the shoulder, elbow, wrist, and hand. This certification indicates a high level of competency in hand therapy and upper extremity rehabilitation.
- **Focus on Shoulder to Hand Injuries:** He specializes in providing therapeutic interventions for patients with a range of conditions from shoulder to hand injuries, delivering tailored treatment plans for optimal recovery.
- **ADL (Activities of Daily Living) Impairments:** Mr. Gorny is also skilled in addressing ADL impairments, helping patients regain functionality and independence in their daily lives.

Commitment to Patient-Centered Care

In his role at Holsman Physical Therapy, Mr. Gorny is dedicated to offering patient-centered care, focusing on individualized treatment plans to meet the unique needs of each patient. His expertise in hand and upper extremity rehabilitation is complemented by his commitment to helping patients achieve their recovery goals, whether it's returning to work, daily activities, or hobbies that require fine motor skills and dexterity.

Vanessa Mejia

Operations Manager

Vanessa Mejia is the Operations Manager of the Holsman family of clinics. She started as the Office Manager of the flagship clinic in Clifton, and with the company's growth, her duties and responsibilities also expanded. Her dedication and remarkable work ethic enable her to handle day-to-day management and successfully liaise with all the clinics' operations.

Ida Uri, PT

Quality Assurance Consultant - Holsman Physical Therapy

Mrs. Ida Uri, an esteemed Quality Assurance Consultant at Holsman Physical Therapy, brings over three decades of experience in physical therapy and healthcare management. A proud holder of a Bachelor of Science degree in Physical Therapy since 1990, Ida has dedicated her career to ensuring clinical and operational excellence in physical therapy services.

A Pillar of Experience and Leadership

With a 25-year residency in Passaic County, Ida has become a cornerstone of her community, reflecting Holsman Physical Therapy's commitment to local engagement and high-quality care. Her career is marked by calculated risk-taking, deep clinical knowledge, and exceptional management skills. Over the last 14 years, she has mentored a wide array of clinicians and managers across diverse settings, driving advancements in both single and multisite operations.

Commitment to Clinical and Operational Excellence

Prior to joining Holsman Physical Therapy, Ida served in one of the nation's leading geriatric companies for 18 years, where she was recognized for her integrity, discipline, innovation, and growth. Her dedication to delivering high-quality care and achieving operational success earned her numerous commendations and awards.

Community Engagement and Service

Beyond her professional achievements, Ida is deeply committed to serving her community. Alongside her family, she actively participates in two parishes, contributing over ten years to pre-cana seminars for engaged couples and serving as a catechist for confirmation and adult RCIA programs. Ida's dedication extends to her role as a member of the Diocesan Commission for Catholic Filipino Ministries in the Diocese of Paterson, where she has served for the past decade.

1. Certified Specialists by State. American Board of Physical Therapy Specialties. American Physical Therapy Association. June 27, 2018. Retrieved on September 2, 2023.
<https://specialization.apta.org/contentassets/da99f358141b484c9917e342b9b2a4e3/certified-specialistsby-state-number>