

PHYSICAL THERAPY

Physical therapists trained to the Doctorate level including APTA Orthopedic Clinical Specialist. Our goal is to increase functional mobility and promote quality of life.

- Orthopedic Physical Therapy
- Vestibular rehabilitation/ Balance and fall prevention therapy
- Aquatic Physical Therapy
- Neurological/Stroke Rehabilitation
- Joint Replacement Rehabilitation
- Manual Therapy for Spine Care including spine mobilization
- Post Surgical rehabilitation
- Breast cancer rehabilitation
- Sports Physical Therapy
- Kinesio taping
- Mechanical traction
- Iontophoresis/Ultrasound/Electrical Stimulation
- Evidence based Physical Therapy
- Pediatric therapy
- Orthotic/Prosthetic training



Kelly Styron, PT, DPT, OCS, ACSM
Director of Rehabilitation Services at Carteret Health Care

Kelly Styron, PT is a graduate of the University of North Carolina at Wilmington and the University of St. Augustine for Medical Health Sciences. He completed his Bachelor of Arts in Physical Education and Health in 2002 from UNCW and his Doctor of Physical Therapy at the University of St. Augustine for Medical Health Sciences in 2007. He is currently employed as Director of Carteret Health Care Rehabilitation Department in Morehead City, North Carolina.

Kelly is an Orthopedic Certified Specialist through the American Physical Therapy Association and also holds certification as a Health/Fitness Instructor through the American College of Sports Medicine. His areas of interest and expertise are related to conservative management of musculoskeletal dysfunctions utilizing a combination of evidence based practice, exercise, and manual therapy techniques.

Kelly was born and raised in Carteret County and is a class of 1997 graduate of East Carteret High School. In his free time, he enjoys baseball, fishing, hunting, gardening, and spending time with his two handsome boys ages 5 and 7.



Van Pham, PT, MS
Assistant Director of Rehabilitation Services at Carteret Health Care

Van Pham, PT is a graduate of the University of California at Irvine and the University of Rhode Island. She completed her Bachelor of Arts in Sociology in 1995 from UC Irvine and her Master of Science in Physical Therapy at URI in 1999. She is currently employed as the Assistant Director of Carteret Health Care Rehabilitation Department in Morehead City, NC.

Van is the Therapy Program Manager at Carteret Health Care Home Health & Hospice. Her areas of interest include geriatrics, falls prevention and rehabilitation of patients with orthopedic injuries.

Van was born in Saigon, Vietnam and grew up in Southern California. In her free time, she enjoys reading, kayaking, swimming and spending time with her family and pets.



Julie Cooper

Julie Cooper is a doctoral graduate of the University of Mississippi Medical Center. She received her Bachelor of Science Biology degree from Southwest Missouri State University. She is also a member of Alpha Eta Society, a national honor society for the allied professions.

Her areas of interest lie in musculoskeletal dysfunction, treatment modalities and manual techniques. She enjoys working with a wide variety of clients and diagnoses. She is certified in Complete Lymphatic Therapy that includes multi-layered compression bandaging and manual lymph drainage.

In her spare time, Julie enjoys photography, SCUBA diving, fishing, cooking and travel. She is a returned Peace Corp volunteer from Zambia, where she spent two years working as a rural aquaculture agent.



Deanna Hulshult

Deanna is a Physical Therapist Assistant who has been with Carteret Healthcare Rehabilitation for one year. She has an increased amount of manual skills dating back to 2012 when she graduated from Southwestern Community College for Therapeutic Massage and then became North Carolina licensed. Deanna then continued to pursue her educational career receiving her Physical Therapist Assistant degree from Craven Community College in 2016 and becoming North Carolina licensed that same year. She has a strong passion with aquatics and is the therapist who performs the aquatic program here at Carteret Health Care. She is originally from Locust, North Carolina, which is located about an hour east of Charlotte but has lived in the ENC for the last 3 years. She lives here with her 2 cats and enjoys going to the beach or hanging out with her friends on the volleyball courts or softball field.



Katie Styron

Katie is a Physical Therapist Assistant who received her Physical Therapist Assistant degree from Craven Community College in 2012 and became North Carolina licensed that same year. She has been with Carteret Healthcare Rehabilitation for four years as of 2017, and has worked in inpatient and outpatient settings. Prior to becoming a Physical Therapist Assistant she was a Certified Nursing Assistant at Carteret Health Care for two years. She is originally from Wisconsin, but has been in ENC since 2009. She lives at home with her husband and daughter. In her free time she enjoys playing with her daughter at the beach, hanging out with friends, family and boating.



Susan Webb

Susan is a graduate of East Carolina University where she earned her Doctorate of Physical Therapy. She received a Bachelor of Science degree in Exercise Science and minor in psychology from Appalachian State University. Her passion for working with people of all ages and backgrounds awarded her a generalist scholarship at ECU. Susan is looking forward to becoming more versed in geriatric patient care throughout her career.

Originally from Statesville, NC, Susan has made her home in eastern NC and has embraced the coastal lifestyle. In her spare time, she enjoys spending time with friends, watching reality TV, and being outdoors. She loves all things North Carolina and can't imagine living anywhere else.



Jeremiah Belokur, PT, DPT

Jeremiah Belokur, PT is a graduate from Cortland State University and Nazareth College. He completed his Bachelors of Science in Exercise Science in 2006 and his Doctor of Physical Therapy at Nazareth College in 2009. He currently is employed as a Home Health PT at Carteret Health Care in Morehead City, North Carolina but does assist in the outpatient and inpatient departments when needed.

Jeremiah was born and raised in upstate NY and graduated from Candor Central School in 2002. In his free time he has recently begun coaching and scouting for the Triangle Torch arena football team in Raleigh, NC.



Heather Cone

Heather Cone is a Physical Therapist Assistant who received her Physical Therapist Assistant degree from Craven Community College in 2014 and became North Carolina licensed that same year. She has been with Carteret Healthcare Rehabilitation for two years as of 2017, and has worked in aquatics, inpatient and outpatient settings. Heather has also worked in skilled nursing facility for one year. Prior to attaining her degree for Physical Therapist Assistant Heather attended Western Carolina University from 2005- 2009 for Nutrition and Dietetics. She is originally from Mooresville, NC, but has lived in ENC since 2009. She lives at home with her husband and daughter. In her free time she enjoys playing with her daughter at the pool and beach, hanging out with friends, family and boating.



Richard Smith, PT

Richard is a class of 1980 graduate of East Carolina University with a B.S. Degree in Physical Therapy. He started his career at Carteret General Hospital in May of 1980 and has worked for the hospital in various capacities until the present. For 8 years, he was the head Physical Therapist at Taylor's Extended Care in Sea Level, NC. Richard has been the primary Physical Therapist involved with the Carolina's Center for Joint and Spine for the last 3 years. He was Vice President of the Carteret Physical Therapy Association for 16 years. Throughout his career, Richard has been involved in acute care, inpatient rehab, outpatient rehab and home health services.

Richard was born and raised in Carteret County and is a graduate of East Carteret High School, class of 1975. He has two children, 37 and 34 years old. He enjoys sailing, fishing, music and golf.



L. Anne Harris, PT

Anne Harris is a 1997 graduate of West Virginia University in Morgantown, WV. She has been a part time employee of the Carteret Health Care since her hire in June 2013. Anne is currently certified in dry needling in NC and has previously held certifications in weight training with adults and the geriatric population. She enjoys the teaching which accompanies clinical instruction of students, and has a concentration in pediatrics. Her strong manual therapy skills are complimented by more than 20 years of consecutive work in her field.

Anne has lived in eastern NC since 2002. She and her family currently reside in Swansboro, where they enjoy paddle boarding, biking, cooking and reading.

OCCUPATIONAL THERAPY

Occupational therapists are trained to develop, recover, and maintain daily living skills with specialized interest and focus on the upper extremity

- Orthopedics for Upper extremity dysfunctions
- Hand therapy and custom splinting
- Acute management of the injured worker
- Joint replacement rehabilitation
- Biomechanical analysis of upper extremity dysfunctions
- Post surgical rehabilitation
- Neurological rehabilitation (Stroke, MS, TBI, etc.)
- Ergonomic work station evaluations
- Pediatric therapy
- Sabeo upper extremity rehabilitation for stroke patients
- Adaptive equipment training



Cheryl Suralik

Cheryl Suralik has over 21 years experience as an Occupational Therapy Assistant. She received her degree in applied science from Atlantic College in New Jersey. Cheryl has worked in a variety of settings which include acute care settings, home health, out patient rehabilitation, and the public school system. Her clinical areas of specialty include neurological dysfunction in adults, physical disabilities, pain and scar tissue management for the post surgical patient.

Cheryl lives in Morehead City and loves the beautiful N.C weather and the warm and friendly atmosphere of the Crystal Coast.

Her goal as an Occupational therapy assistant is to help each individual achieve their highest level of independence in daily activities, while creating a fun and enjoyable therapy experience.



John Farrell

John is a graduate of the Medical University of South Carolina in Charleston. He serves as lead Occupational Therapist at Carteret Health Care. His areas of expertise are stroke rehabilitation and upper extremity orthopedic splinting.

He is the co-founder and co-owner of Saebo Inc. (founded in 2001); Saebo is an international leader in the manufacturing of stroke rehabilitation products and programs. John holds multiple US patents on upper extremity rehabilitation orthotics designed specifically for the stroke population.

He is also the founder and co-owner of Bootleg Orthotics LLC. (founded in 2017); Bootleg Orthotics is a manufacturer and distributor of OTS orthopedic splints for the upper extremity. John also holds multiple US patents on upper extremity rehabilitation orthotics designed specifically for the orthopedic population.

John was born in Buffalo, NY and moved to Carteret County in 1995. He enjoys cooking, fishing, camping and spending time with his family.



Lori Sanford, MS, OTR/L

Lori was born and raised in Holland, MI and graduated from West Ottawa High School in 1997. She graduated with her Bachelor of Arts in Exercise Science and Kinesiology in December of 2001 from Hope College. She continued her education at Western Michigan University (Kalamazoo, MI) and graduated with her Masters of Science in Occupational Therapy in 2004. Lori holds her national OT certification through the National Board Certification of Occupational Therapy.

Lori and her husband moved to Cape Charles, Virginia after graduate school where she worked for Shore Health Services at the hospital and outpatient clinic in Nassawadox, VA for 2 years before moving to New Bern, NC. Lori has primarily worked in skilled nursing and rehabilitation with the geriatric population since 2004. Lori is currently employed by Carteret Health Care where she works for Carteret Home Health.

In her free time, Lori enjoys spending time with her husband and 2 girls, attending their practices and sporting events, traveling, and reading.

SPEECH-LANGUAGE PATHOLOGY

- Speech-language deficits after stroke
- Lee-Silverman Voice treatment
- Cognitive therapy related to Neurogenic Disorders
- Pediatric articulation and language treatment
- Traumatic brain injury
- Vital Stimulation (Neuromuscular re-education using e-stim.)
- Dysphagia diagnosis and treatment
- Augmentative/Alternative Communication
- Head and Neck cancer



Gloria Moyer

Gloria Moyer has been a Speech-Language Pathologist (SLP) at Carteret Healthcare since 2007. Hailing from Grosse Ile, MI, Gloria earned her Bachelor of Arts in SLP from Wayne State University, and her Master of Arts in SLP from Western Michigan University. Gloria enjoys working in acute care, outpatient, and home health settings. Her greatest passions are helping her diverse population of patients to achieve their greatest potential; integrating educational milestones into the goals of the children she works with; and integrating personal goals that her adult patients wish to achieve into their individualized therapy programs. From the two year old who is unable to say words and has a limited repertoire of speech sounds, to the adult who has had a stroke and has trouble speaking in sentences, Gloria loves seeing the progress each patient makes. Gloria has proficient skill in conducting and interpreting the Modified Barium Swallow Study and is certified in Neuromuscular Electrical Stimulation (also referred to as Vital Stimulation Therapy), a therapy that improves neuromuscular strength for swallowing. Gloria coordinates care with patients and their physicians to ensure high quality patient outcomes.



Catherine Pullen

Catherine Pullen has many years of experience as a speech language pathologist working with individuals of all ages with communication and swallowing disorders. She earned her undergraduate degree in Speech Pathology from Auburn University and completed her M.A. degree in Speech Pathology from the University of Tennessee. She is a member of the American Speech, Language and Hearing Association and holds a North Carolina License in Speech Pathology. Since moving to Morehead City since 1996, Catherine has provided speech therapy services to Carteret County Schools, skilled nursing facilities as well as to Carteret Health Care. She is a certified VitalStim provider and has obtained specialized training in the areas of Parkinson's disease, swallowing disorders and dementia. During her years with Carteret Health Care, Catherine has focused on early speech and language development interventions with pre-school age young children and their families. Her areas of interest include speech and language disorders associated with autism, childhood apraxia of speech and articulation.