

DeRosa Physical Therapy

DeRosa Physical Therapy has earned a reputation for providing exceptional musculoskeletal rehabilitation services to Northern Arizona residents including many elite level runners who come to train at high altitude. However, DeRosa Physical Therapy is also earning a reputation for the athletic achievements of its physical therapists.



Kirk Thompsen, PT started the trend in November 2010 when he finished the Arizona Ironman triathlon. The Ironman event consists of a 112 mile cycle, 26.2 mile run, and 3.2 mile swim. Kirk's wife, Carrie Thompsen, PT, DPT finished the Ironman Couer D'Alene in July 2011 which inspired her colleague, Julia Lemoncello, PT, DPT to compete in her first full marathon. Julia, a decorated collegiate runner at Northern Arizona University, had never competed in a race longer than 10K. Carrie and Julia spent nine grueling months preparing for the Rock and Roll Marathon which was held in Phoenix on January 15, 2012. The girls trained six days per week through rain, sleet, and snow under the guidance of Julia's husband and professional marathon runner, Andrew Lemoncello. A close friendship blossomed and the duos commitment and work ethic inspired local runners, patients, and colleagues to achieve their personal fitness goals.

All the hard work and exhausting hours spent pounding the treadmills, city streets, and forest trails culminated in a sub 3 hour finish for Julia placing her 3rd in her age division and the 7th overall female out of 1659 participants. Carrie added another successful finish to her resume and provided Julia with the motivation and accountability that is so crucial to success in this type of endeavor.

Julia and Carrie used their expertise in physical therapy to successfully train for a full marathon and avoid the cascade of injuries that often plague distance runners. DeRosa Physical

Therapy could not be more proud of the example these ladies have set for our patients and community and for representing our profession in such a positive manner. Congratulations to you both on your tremendous accomplishments!

