



Sandra Froehling, Director

Sandra graduated from Anoka Technical College and the Anoka-Ramsey Community College in 1974 with her COTA/L.

In 1986 she received her OTR/L from the University of Minnesota.

For 13 years she worked as the Director of Therapy at Country Manor and 8 1/2 years at St. Benedict's Senior Community. She has been the Director at Heritage Rehabilitation Services since 2003.

Sandy instructed classes at Anoka Ramsey Community College for seven years and accepted the OT of the Year award in 2001 for the state of Minnesota. Her expertise lies in the areas of Gerontology and Physical Dysfunction.



Kari Lippo, PT

Kari graduated from The College of St. Scholastica in 2001 with her master's degree in Physical Therapy.

She has experience working in geriatric therapy focusing on gait and balance disorders. Kari's specialties include treatment of arthritis, osteoporosis, musculoskeletal injuries and neurological disorders.



Amy Krajsa, PTA

Amy graduated from Anoka-Ramsey Community College with her AAS degree in 2002.

Amy has 5 years of experience with Physical Dysfunction and worked for the St. Cloud Hospital for 5 years with a specialty in Orthopedics.

Amy has been with Heritage of Foley since 2004.



Lisa Judovsky, COTA/L

Lisa graduated from Anoka-Hennepin Technical College with her AAS degree in 1990.

Her specialties within geriatric care have included: Mental Health, Spinal Chord Injury, DD, Head Trauma, Housing Management, and Dementia.



Nicole Zieglmeier, COTA/L

Nicole graduated from Anoka-Hennepin Technical College ('05). She has been with Heritage Rehabilitation since 2005 and works mostly with Gerontology and Physical Dysfunction.



Amy Peterson, PTA

Amy graduated from Anoka-Ramsey Community College with her AAS degree in 1991. She has experience in Outpatient Sports Medicine, Hospital settings and Geriatric therapy.