



Karys Mawyer, PT, DPT

Bio

Karys was born and raised on the Gulf Coast of Florida but always dreamed of living in the mountains of NC, where her grandparents had taken up residence when she was young. She attended Florida Southern College, graduating in 2011 with a 4.0 GPA, majoring in Mathematics and Exercise Science and minoring in Biology. Karys competed in Cross Country and Track for the Moccasins, but battled injuries throughout her years there, spurring her to discover her passions for injury prevention, rehabilitation, and coaching. She went on to earn her Doctorate of Physical Therapy from the University of Delaware, perennially the number one ranked PT school in the nation, where she competed in her fifth year of NCAA athletics for the Division I Blue Hens.

LOCATIONS

- Boone Physical Therapy

CLINICAL SPECIALTIES

Karys provides a variety of treatments, including vertigo treatment, manual therapy, treatment of arthritis, and balance therapy in addition to being certified in LSVT BIG therapy (2018-2020) and completing additional training in the rehab of runners and other athletes.

When not treating patients, Karys enjoys traveling, playing basketball, spending time outside with her husband and daughter hiking, running, and mountain biking. She has been known to hold her own in any conversation regarding NFL football and loves to cook.

Education

- **Florida Southern College** - *B.S. in Mathematics and Human Movement and Performance (Exercise Science)*
- **University of Delaware** - *Doctor of Physical Therapy*