



PHYSICAL THERAPY & PERFORMANCE

MEET OUR TEAM

Foothill Ranch



Hiroki Yokoyama PT, DPT, OCS, CSCS

Hiroki uses his life experiences as a NCAA gymnast to empower patients with tools to regain their quality of life and return to their favorite activities. He believes in treating the whole patient versus just a body part. His treatment style includes various manual therapy techniques as well attention to detail with exercise mechanics.



Jake Holman PT, DPT

Jake has clinical experience in outpatient orthopedics/sports rehab, and inpatient stroke/spinal cord injury rehabilitation. He graduated with his DPT from The University of St. Augustine. His favorite body parts to work with are the knee and jaw. Outside of the clinic, Jake likes to workout, go to the beach, and watch scary movies.



Nikita Desai PT, DPT

After receiving her DPT from Loma Linda University in 2015, Nikita has worked in outpatient orthopedic and skilled nursing settings with extensive experience in musculoskeletal conditions. She is passionate about learning and applying various effective manual therapy techniques and functional movement based approaches to help her patients lead a pain-free life.