

4 under 40 Professional Biography

Tiffany Weitzen, PTA

Co-owner of Wonder Pelvic Therapy & Wellness

After graduating from Appalachian State with a degree in education, I knew that I was destined for a lifetime of teaching and learning that extended well beyond the classroom. Physical therapy allows me the opportunity to continue to learn, grow, and share in rewarding ways. Upon becoming a licensed Physical Therapist Assistant in 2013, I soon found work at a skilled nursing facility in Greensboro, NC where I spent five years helping patients recover from a variety of diagnoses.

My husband and I returned to our home in the High Country in 2018 where I had the pleasure of working for a hospital based outpatient facility. I was fortunate enough to receive advanced training in the pelvic floor specialty, and have never looked back! The more I learn, the more I love working with this population. I am so passionate about educating the community about all the benefits of pelvic floor physical therapy that, in 2023, a coworker and I decided to open our own practice to allow more direct access to our services.

In my free time I enjoy volunteering with the Avery County Democratic Party where I have served as the Treasurer since 2022. I have also recently taken the position of Treasurer for a local candidate who is running for State Senate. I believe being civically engaged is important to our shared future and is yet another expression of my desire to meet the needs of our community.