

Our Team

Hanni Cowley



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Hanni Cowley, DPT, SCS

Hanni is a Doctor of Physical Therapy. She is in her fourteenth year of practice with great depth of experience as a PT including orthopedic outpatient, private practice, fitness center, aquatic, sports, skilled nursing, and biomechanic research settings. Dr. Cowley has also been fortunate to have experience as an associate professor at UW-La Crosse and as a mentor in both Sports and Orthopedic residency programs to enhance the skills of other PTs. Hanni is dedicated to providing superior, individualized treatment in a small-town setting.

Hanni specializes in neuromuscular re-education. She uses a “hands-on approach” with her patients, integrating a variety of different manual techniques including functional dry needling, joint manipulation, and instrument assisted soft tissue mobilization. Corrective exercises are used to help restore movement and maximize function. Education is included in every session to empower a client’s ability to maximize recovery. Hanni addresses the “whole” person, as each of us are complex mind-body-soul-beings.

Hanni is passionate about health and wellness. In 2006, she became a Sports Certified Specialist (SCS) through the American Physical Therapy Association. She enjoys assisting athletes with injury prevention, recovery, rehabilitation, and maximizing human performance. Her passion extends past athletic competition to include every individual seeking to make changes and improve their health. Hanni builds on her rich experience of sports biomechanics and movement expertise to target all aspects of the movement spectrum. She specializes in helping people with medical conditions such as diabetes, high cholesterol, high blood pressure, autoimmune conditions, fibromyalgia, chronic pain, Parkinson’s Disease or arthritis. Hanni is a resource to help motivate you on your movement journey and will work on a team with other health care providers to maximize health. Many symptoms of chronic conditions can improve or even be reversed with movement. “No matter your past experience, you can succeed. You are never too old or too sick to start!”

Hanni recently moved to Arcadia with her husband and their 5 daughters. She loves raising her children in a small town and is looking forward to being a health resource in the community.

Dr. Hanni Cowley provides both PT services and Wellness services, including “Bodyworks” a unique combination soft tissue therapeutic massage and stretching. Self-scheduling is available online at www.mydynamicphysio.com. For further availability, please call 608-351-3049 or email her at hanni@mydynamicphysio.com