



## John Rudolph Alexander Kummrow

July 30, 1980 - June 24, 2023

Dr. John Kummrow, aged 42 of Wellington, Colorado, found his wings and unexpectedly passed on Saturday, June 24, 2023. He leaves behind his wife, Jennifer Valerio Kummrow, his son Malaki Patrick Briggs Kummrow, age 5 and daughter, Lily Angelina Binas, age 13. John's greatest love was for his wife and kids, whom he adored. Together, John and Jen treasured each other and their family in a way that was clear to everyone they knew. John was a loving son to his parents, Judith Kummrow and Steve Maslak, a wonderful, funny brother to his sister Patricia Kummrow and her husband Eric, and an adored uncle to Alexander, Hayden, and Julia. John was a brilliant mind, a fearless leader, a loyal friend, loving father and selfless husband. He was a passionate and inspirational individual, who carried a beaming internal light that he used to challenge and optimize potential of those he loved and cared for.

In his professional life, John established Integrative Physiotherapy, a unique physical therapy practice, 14 years ago with offices in Fort Collins and Wellington. With his passing, our world loses a healer whose principle driving force was to help people in pain. John developed a unique system of healing that was unprecedented. He was gifted with a talent to see the whole person – physical, emotional, and spiritual – to find the source of pain and path to heal for each individual. He met people where they were and guided them to better outcomes. He delivered his methods and techniques with compassion, humor and skill to benefit thousands of lives. Loved and respected by all who knew him, he leaves behind countless people, old and young, who lead better lives

because of him. Truly, John leaves imprints on everyone he served that will be remembered and treasured.

In this time of mourning, John's family asks for your prayers and good thoughts. No funeral service is planned. Rather, a Celebration of Life will be held from 1-3pm at 2020 South College Ave, Unite C1, Fort Collins, Colorado. In lieu of flowers, the family would like to request your stories of John.

Condolences can be shared with the family at <https://remembr.com/john.kummrow>. Personal stories can be submitted by email to [integrativephysiotherapy@gmail.com](mailto:integrativephysiotherapy@gmail.com). John, we send you to a better place with all of the love in our hearts. Rest easy knowing that Jen, Malaki, Lily and the rest of your family are surrounded by love too.

# Tribute Wall

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“ John was an unfailing source of healing and positivity for my Mom through many long years of living with Alzheimer's. In the face of mounting physical and mental challenges, she always was welcomed and supported in the joyful environment that surrounded his practice.

*We remember him with respect and gratitude. ~ The Nicol Family*

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**Ian Nicol** - November 18, 2023 at 11:48 PM



“ Sweet, wonderful Dr. John... We have several memories of his work with Garrett (Lee) long before Garrett could drive and made his own memories with Dr. John thereafter. John was there for my son when he broke his pitching arm at the growth plate at the age of 14. He helped G to rebuild his strength, re-tool his throwing motion, and ultimately find his way back on the mound. There are many memories, but here are 2 that stand out in my mind vividly:

- Garrett at 14 on John's table while Doc worked on his arm and elbow... Easy for some, but G is so ticklish that he squirmed so much he and Doctor John almost fell off the table and we all dissolved in hysterical laughter! I can still see this image in my mind, and remember thinking how wonderful it was to have a provider to laugh joyfully with us :)

- Garrett so discouraged after not being played again and again on his Rocky baseball team, being overlooked because he was smaller, not as tall, not as fast as some of the "big boys" that of course Bullock noticed. But John knew exactly what to say to my boy: "A lot of guys peak early, and after High School it's over for them. Then there are the other guys, the guys who are smaller and have to work harder to get noticed. A lot of those guys peak later, in college and beyond. I peaked in my 20's - never give up. It's guys like you who work their a-- off who peak in college and make it." And guess what? Garrett never played much for the Lobos, but he was recruited and received 5 offers to play college baseball. And today? He's on the mound for Cornell College and living his dream. Doctor John, you were a big part of that journey. Without you, he might not be there, and he certainly would have had a harder time believing in his dream. Thank you, with so much love. Your life mattered. Melinda Lee



**Melinda Lee** - September 01, 2023 at 07:38 PM