

Therapeutic **Outlook**

Your Guide to Wellness Through Movement

Spring 2009

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*Seeking the timely physical therapy care you need helps you return to full function and to resume your active life.
Jessica Dorrington PT, MPT, CMPT, CSCS. Photo by Curtis Thorne*

Being Efficient with Your Healthcare Dollars

By Dorothy Klemetson

During this challenging economy, there are many things outside of our control that can cause stress.

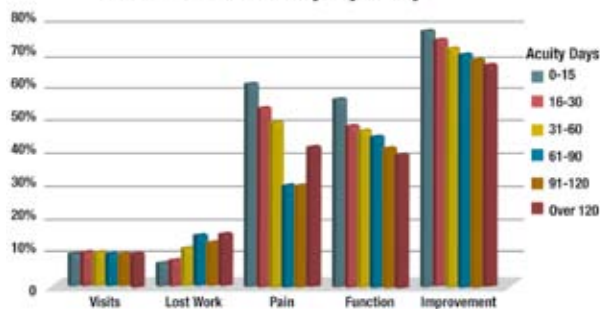
Although the temptation may be to just stop doing things to conserve resources, it is during these stressful times that taking care of our health is more important than ever. Eating healthy foods, exercising, getting enough rest and taking care of injuries are all things that we have control over and will benefit from by making them a priority.

Statistics show that patients respond better to physical therapy intervention for musculoskeletal conditions the sooner they are seen after becoming injured. It is evident that sending patients to physical therapy as a first line of care results in better outcomes and fewer lost work days. That means once you get injured, although the temptation may be to “put it off until later,” doing so can actually lead to a prolonged injury, more therapy visits, additional

out-of-pocket expenses and an increase in days away from work.

Seeking the timely care you need helps you return to full function and to resume your active life.

Outcomes and Lost Days by Acuity



We at Therapeutic Associates believe that one of the best things we can do to ensure our patients make the most of their healthcare dollars is to help them get better faster by using proven, efficient treatment techniques.



Dorothy Klemetson

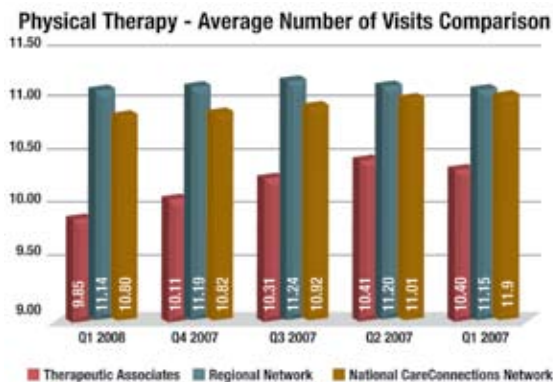
PHYSICAL THERAPY AND YOU

To achieve that, we gather utilization (number of treatments) and outcomes data (data used by therapists to gauge effectiveness, quality, and efficiency of treatment) through the CareConnections Outcomes System to help us ensure we are offering our patients value while still meeting their therapy needs.

The information is beneficial because it is gathered from actual patients who are being treated for real conditions. We can tell we're achieving our goals because CareConnections not only gathers outcomes, utilization, and patient satisfaction information from our own company, but also from physical therapy clinics throughout the nation that subscribe to the CareConnections program.

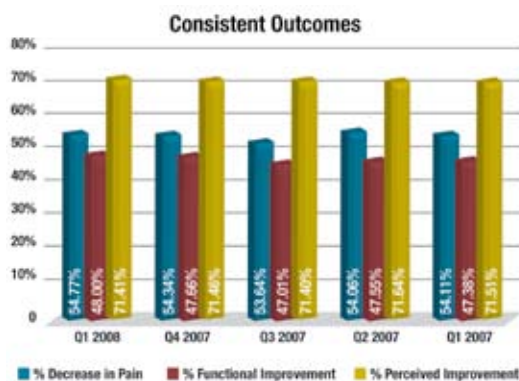
The data shows that Therapeutic Associates is consistently lower in average number of visits. Our patients benefit by achieving their therapy goals sooner, with fewer out-of-pocket expenses while enjoying increased convenience and quality of life.

Effective physical therapy doesn't just mean fewer



visits. It is also important to help our patients heal faster, improve function and mobility and decrease pain. By gathering data points of information from our patients at their initial visit and then again at discharge, we can track how pain levels, functional improvement and overall perception of improvement change throughout the course of care.

The data below shows that our patients consistently



show a decrease in pain, an increase in function and an increase in overall perception of improvement.

We recognize that our patients are entrusting their physical health to us, and we take that level of trust very seriously. We understand that patient experience and perceived value dictates patient satisfaction as much as outcomes.

What our patients think of their therapists, their type of care, their recovery and their overall experience is vital, so we are careful to track that information. Using a Patient Satisfaction Survey, patients can give confidential feedback on their experience at our clinics. We listen to our patients and work continuously to assure we are offering them ethical, competent and compassionate care to meet their needs.

At Therapeutic Associates, we understand the value of a healthy body. We are committed to helping our patients decrease the stress caused by injury by helping them get back to their best as quickly and effectively as possible.



Conditions We Treat...

MID BACK – COMMON DIAGNOSIS

- Sprains
- Thoracic joint dysfunction
- Muscle imbalance
- Posture dysfunction
- Herniated disc
- Incorrect breathing patterns

LOW BACK – COMMON DIAGNOSES

- Sprains
- Disc Disorders
- Degenerative conditions
- Post Surgical
- Muscle Imbalance
- Arthritis
- Stenosis
- Joint Pain
- Nerve problems
- Sacral Iliac Dysfunctions
- Piriformis Syndrome

HIP – COMMON DIAGNOSES

- Sprains
- Tendonitis
- Bursitis
- Arthritis
- Labral tears
- IT band syndrome
- Degenerative changes



MANIPULATION: What It Is and What It's Not

By William Temes, PT, MS, OCS, COMT, FAAOMPT

Physical Therapists are experts in treating individuals with disabilities of the joints, muscles, and nerves. They treat these conditions in order to improve function by reducing pain and restoring motion. Physical therapists have many years of training in anatomy, kinesiology (how the body moves), and pathology (diseases and injuries to the body) and can identify where a problem exists, how serious it may be, and how best to have it treated. Manual therapy/manipulation is a treatment approach included in physical therapy program curriculum.



William Temes

What is Manual Therapy? Manual therapy is a form of treatment that involves the therapist using skilled hand movements to improve the way joints, muscles, nerves, and other soft tissues work when they are injured. Manual therapy includes various forms of manipulation and mobilization.

The term “manipulation” has been used to include a variety of techniques applied to joints and soft tissues. These techniques are fast and apply a small impulse or “thrust,” while mobilization is slower and usually does not involve the thrust. Manipulation and mobilization have been performed for hundreds of years by a variety of health care providers. The technique is not owned by any one profession or group. It is well documented that physical therapists have been practicing these techniques in Europe and Australia since the mid 1800’s and in the U.S. since 1927, when the physical therapy profession became officially recognized in this country.

How Does Manipulation Work? There are several theories about how manipulation works. Some believe that it works by stretching joints and muscles that have become stiff, while others believe it improves general muscle relaxation through the nerves of the body.

What Does Manipulation NOT Do? Manipulation does not “put joints back into place” unless a bone becomes moved or dislocated out of position after a bad injury. This is usually very painful and should be treated by a medical doctor. Manipulation does not cure disease or illness to our best knowledge and research.

Is Manipulation Safe and Effective? Medical research shows spinal manipulation to be beneficial and cost effective with people who have a certain level of low back and neck pain. Physical therapists do a majority of the research on spinal manipulation and have been shown to be safe manipulators.

Is There Any Harm to Being Manipulated? Yes, there can be. The upper part of the neck is an area that may be at higher risk for injury by manipulation. Therefore, great care and management is taken in the treatment of this region, especially if it has been injured in an accident. Great care must also be taken with individuals with conditions such as inflammation (arthritis), fragile or broken bones (osteoporosis), weak joints or ligaments, children who have not completed their growth, women who are pregnant, people who take certain medications (blood thinners, steroids), and those with other diseases like diabetes. This needs to be discussed with your therapist before any treatment, not just manipulation.

What is the “POP”? A “pop” is created (as with cracking your knuckles) when a bubble of gas is formed after separating two joint surfaces. This bubble lasts for about 15 – 30 minutes and then dissolves. Most research about “pops” shows that it does not make a difference in the success of manipulation.

When Should Manipulation Stop? Manipulation is used to help get things moving and is followed by other forms of treatment, such as exercise to help maintain what was gained by this treatment. Sometimes manipulation needs to be repeated a few more times, but it should not be the only type of treatment provided and should not be done for an indefinite period of time, since this can create other problems.

Many physical therapists have advanced certification in manual therapy treatment. Ask your therapist whether they have this type of training and if you are a candidate for this type of treatment.

Currently Washington state is one of only two states in the nation — the other being Arkansas — that limits the use of thrusting manipulation techniques on the spine by physical therapists. A bill has been introduced into the Washington state legislature that would change wording in the physical therapy practice act to lift this restriction. The support behind this proposed legislation gives physical therapists and their patients hope that Washington residents can benefit from this scientific, evidence-based treatment that patients in Oregon and Idaho have enjoyed since the beginning of physical therapy as a profession.

References:

- Pettman, E. “A History of Manipulative Therapy.” *Journal of Manual and Manipulative Therapy* 2007.15(3):165-174.
- Cleland J, Flynn T, Childs J, Ebehart S. “The audible pop from Thoracic Spine Thrust Manipulation and Its Relation to Short-term Outcomes in Patients with Neck Pain.” *Journal of Manual and Manipulative Therapy* 2007.15(3):143-154.



Invest in *Your* Health and Wellness

By Stephen E. Anderson, PT, CEO, Therapeutic Associates

Recent news has been inundated with a weak outlook for our national economy. It is certainly real, and has forced most people to rethink their priorities.



Stephen E. Anderson, PT, CEO

We have become a “stuff” or “consumption” society. I’m sure we could all admit to having more than we need and getting carried away

with the rush of “having it now.” As we re-evaluate our future when it comes to finances, how should we spend our time and money?

One thing that has always perplexed me is how easy the public accepts spending hundreds of dollars on car repairs, home improvement or vacations, yet they resist spending money on their health and wellness. We have been brainwashed over the years by politicians and policy makers leading us to believe that healthcare should be provided while someone else pays for it. This leads me to my point.

What is the best investment you can make in these uncertain economic times? What better choice than health, fitness and wellness? This is an investment that has a huge ROI (return on investment). Cutting back on expenditures in 2009 is a pragmatic choice, and focusing on what can be done to improve your overall health is a long-term strategy approach.

Physical therapists are the perfect partner to help you optimize your ability to stay active and enjoy life with adventure and discovery.

Consider taking this year to fi-

nally get in shape, get some help in solving that chronic low back pain, or work with an expert in movement and function to get that knee back to where it won’t limit you in doing things that give you joy and happiness.

Physical therapists are uniquely qualified as movement specialists. Their understanding of body biomechanics, movement science and exercise enables them to better

understand your potential and what may get in the way of reaching that potential.

Athletes prepare for the season and competition by gradually preparing their bodies for higher level function and output for their respective sport. All of us should approach our daily lives in the same way. It’s time to invest in *you*. Make an appointment with one of our physical therapists and get your body ready for a more active lifestyle.

Injuries occur when people don’t understand how to get to the next level of conditioning and do things with poor body mechanics or push too hard too early. Old injuries and chronic movement disorders are exacerbated if not dealt with in an informed and guided way. A Physical Therapist can evaluate your present condition and get you going in the right direction. This may be treating an area of pain or dysfunction or guiding you through a safe and productive exercise regimen.



Physical Therapists are the perfect partner to help you optimize your ability to stay active and enjoy life with adventure and discovery.

Anyone can go directly to a physical therapist for care, as our services are classified as direct access to the public. Many insurance companies will cover physical therapy services without a referral from a physician. You also have the choice to go to any physical therapist, whether you’ve been referred by a physician or not. It’s your choice and we encourage you to take charge of your healthcare needs and go to a physical therapist you know and trust.

This could be your year to invest in YOU! Set a personal goal that excites you. It may be running a 10K or a half or full marathon. It may be competing in a triathlon or cycle event, or it may be to just improve your overall health and fitness.

Whatever it is, get the right information and be safe and successful with a well-designed plan provided by a physical therapist. Your results will come quicker and with less risk of injury when you partner with “YOUR” physical therapist.



*If the core is not strong, it may lead to injury, weakness, poor athletic performance and decline in daily activity.
Jeremy Hilliard, DPT and Aubree Swart, DPT. Photo by Curtis Thorne*

What is “The Core?”

*By Christine Fletcher DPT, Orthopaedic Resident,
Liberty Lake Physical Therapy*

Over the last several years, **core** has become a popular word to a large portion of the population; from the workout crowd to the serious athletes, and definitely those people with injured backs. But really, what is the core?



Christine Fletcher

There is a lot of misleading information from the internet, exercise manuals, and self-appointed exercise professionals. The core is the connection between your shoulders and your thighs. Our core (or “trunk”) is most often forgotten until back pain helps us remember that it’s good to have a strong and smart mid section.

There are at least 29 muscles supporting the low back, pelvis and hips that stabilize the spine during even the most basic activities, such as walking and driving. These muscles must have strength, endurance, and coordination to work as a team. All movements that require strength and power start from the core. The more stable the core, the greater the strength of the arms and legs.

Stability is defined as the body’s ability to resist change, through correct activation and coordination of muscles to keep or return to an original posture during movements or when unexpected loads are placed on the body during sports or work. If the core is not strong, it may lead to injury, weakness, poor athletic performance and decline in daily activities.



A strong core can create effective transition of loads from both the ground and the extremities.

The Core: Local and Global Muscles

The core consists of deep (local) and outer (global) muscles that work together to stabilize the spine and maximize arm and leg function and strength. Between the work of both the deep and outer muscles, no single muscle contributes more than 30 percent to stability, regardless of task.

The global muscles consist of large, superficial muscles that create movement between the chest and hips. The outer core muscles are closer to the surface and act in a more secondary fashion to stabilize the core.

Outer core muscles consist of:

- Abdominal muscles: rectus abdominus, internal oblique, external oblique
- Back muscles: latissimus, erector spinae
- Hip flexors (muscles that pull the leg forward): psoas major, iliacus, rectus femoris, sartorius, pectineus
- Hip extensors (muscles that pull the leg backward): gluteus maximus, minimus, biceps femoris, semimembranosus, semitendinosus, piriformus
- Hip adductors (muscles that pull the leg to the midline): pectineus, gracilis, adductor brevis, adductor longus, adductor magnus
- Hip abductors (muscles that pull the leg away from the midline): gluteus medius

The deep or local core muscles typically have shorter muscle lengths and are closer to the spine. They create compression and stabilization at individual spinal segments and help to stabilize larger sections of the spine, but do little to create movement of the spine. These mus-

cles are considered to be a corset that, when strengthened properly, tightens around the spine and prevents injury by both intentional and unintentional stresses.

Research has shown that the transverse abdominus and the multifidus are the primary stabilizers of the spine and tend to activate before arm and leg movement to create a stable base of power and strength.

Deep or local core muscles consist of:

- Transverse abdominus
- Multifidus
- Pelvic floor: levator ani, coccygeus, connective tissue

At some point in their lives, 80 percent of Americans will experience low back pain. Recent studies have shown that individuals with low back pain have poor activation of the transverse abdominus. This condition creates ineffective stabilization of the spine. The result is a reduced ability to withstand outside forces and repetitive loads, which contributes to low back pain and poor posture. The lumbar spine is a place where various loads



The Multifidus muscles are part of the deep or local core muscles. Copyright 2003 Primal Pictures

are channeled each day. A strong core can create effective transition of loads from both the ground and extremities.

Core training is an effective way to decrease current low back pain and prevent future injuries. The main purpose of core training is to create stability, co-

ordination and endurance. The common progression of core training is to progress from the local muscles to the larger, global muscles. In general, the small deep muscles respond best to low resistance, slow movements, and contractions that are held for long periods of time. The global/superficial muscles respond better to fast movements and higher resistance.

You will be more successful in your core training program if you start with the muscles where you are experiencing pain. Physical Therapists are trained to detect problems and create training programs to match each person. Consult your physical therapist to determine where you should start.





Pilates is beneficial to your core by combining posture, movement, breath control and concentration.

Ways to Work Your Core

By Victor Prati, DPT, Orthopaedic Resident, Beaverton Physical Therapy

The “core” has become a trendy concept in the past several years, and with good reason. Exercising those muscles has been shown to improve posture, balance, strength, agility, and reduce your risk of injury.

There are many ways to work your core, including activities as simple as going up a flight of stairs or as complex as using advanced technological equipment. This article will provide you with choices, introducing Yoga, Pilates and exercises that you can perform at the gym or even at home.



Victor Prati

Yoga is a traditional mental and physical discipline that originated in

India. Themes of Yoga can be found in ancient texts believed to date as far back as 5000 B.C. You will find different positions, props and emphases in Yoga, depending on the instructor. All methods are similar, however, in that they’re beneficial to your core and combine posture, movement, breath control and concentration.

Pilates, contrary to popular belief, is a relatively new physical fitness system. Developed in Europe in the early 20th century by Joseph Pilates to rehabilitate WWI veterans, it is based on the ancient Greek philosophy embodied by the expression, “a sound mind in a healthy body.”

The Pilates exercise program focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates exercises teach awareness of breath and alignment of the

spine, and aim to strengthen the deep torso muscles.

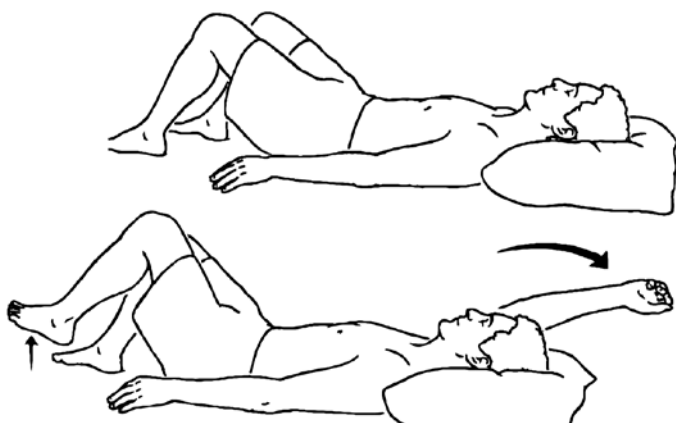
Many variations of the two methods can be found in classes, videos/DVDs and books. To reduce the risk of injury and to obtain optimal benefits, it is important to choose exercises that are appropriate to your body. Your local physical therapist can be used as a resource for more information, including which is the most suitable activity based on your fitness level.

There are also other options available. It is possible to work each muscle individually using equipment at your local gym that exercises and challenges multiple joints. This allows you to be more efficient and functional as you challenge your core coordination and stability. Cardio equipment that engages your torso as well as your arms and legs is the most beneficial. In addition to using the more traditional treadmill and elliptical machines, try the rowing and cross country skiing equipment as well.

You also have the opportunity to exercise your core area in the comfort of your own home without any equipment or tape/DVD players.

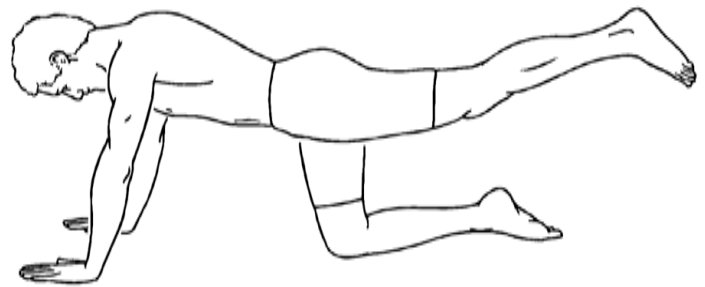
Core Exercises

Here are two exercises you can start with once or twice a day, every day of the week:



1. Dying bug

Lie on your back with your knees bent. Raise your right leg up and your left arm over your head. Come back to the initial position and raise your left leg up and your right arm over your head.



2. Quadruped leg lift

On your hands and knees, lift your right leg back until it is parallel to the floor. Come back and lift your left leg back. You can add to this workout by raising your right arm forward while lifting your left leg and vice versa.

Progression is an important part of a training program. Exercises will only be beneficial if they challenge your muscles. Your muscles should feel tired after performing a set of exercises. This usually takes between five to twenty repetitions. Besides increasing the number of repetitions, you can ramp up the difficulty by using a therapeutic ball, which creates instability and promotes the strengthening and control of your muscles.

The saying, “how you do it means more than what you do,” applies when doing core exercises. Remember to breathe properly. Do not breathe using your shoulder and upper-chest muscles, and do not hold your breath (both will affect your blood pressure and the oxygen available to your body).

Finding and maintaining a neutral spine is also very important. This can be accomplished by first finding a comfortable position for your lower back without excessively arching or rounding your spine. Next, to maintain the position, tighten your abs by bringing your belly button toward your spine. Stop the exercises as soon as you lose your neutral position.

Your local physical therapist can assure that you are breathing properly and that you are targeting the appropriate muscles during your exercises. Consult your physical therapist before beginning a new exercise program — and enjoy the benefit of a strong and stable core.





When the core muscles are in poor condition, additional stress is felt by the spine, often resulting in pain or injury.

When Core Training Doesn't Work

By Krista Vigeland, DPT, Orthopaedic Resident, Bethany Physical Therapy

Core training is a very important part of staying physically fit and preventing injury. The core stabilizes and protects the back during all activities. The stronger the core muscles, the less susceptible we are to back injury. When these muscles are in poor condition, additional stress is felt by the spine, often resulting in back pain or injury. While most people will be successful at doing generalized core exercise, some people will experience increased pain with these activities.



Krista Vigeland

There are many potential underlying problems that can cause pain during core strengthening exercise, such as

spine joint pain, disc herniation, muscle strain, ligament sprain and more.

These conditions may contribute to pain during exercises and prevent successful core strengthening. Pain can act as an inhibitory response within the body's system that does not allow the muscles to work correctly. Strangely, it is possible for any one of the above conditions to prevent the body from using the core muscles correctly without the brain registering the feeling of pain.

Even a fit person, for example, may seem to perform an exercise correctly to the outside world, but their body may not actually be cooperating on the inside. The deep muscles may not be contracting properly in spite of the

person's good intentions, because an underlying problem is preventing the muscles from turning on correctly.

In this case, the person may need to do a much easier exercise that does not overload the body. This usually means minimizing large body movements until the deep muscle system is better at turning on correctly. Someone who is fit and performing a core exercise correctly may still have back pain during exercise. Someone experiencing pain with exercise may require a change from a global exercise routine (Pilates, yoga, gym) to a more specific and localized strengthening program focused on the deep muscles that stabilize the spine. The deep stabilizing muscles of the spine include the transverse abdominus, pelvic floor and multifidus muscles. Exercises that focus on these muscles in a non-threatening position for the back will allow pain to decrease before progressing to larger body movements.

Case example: Mr. Smith suddenly experienced sharp intense pain in the low back after lifting a large piece of furniture. Later that day he felt tingling down his right leg. He tried to return to the gym for his normal exercise routine, but discovered that his old exercises were

now painful. He went to physical therapy, where he was treated with traction and other procedures to decrease his pain and discomfort.

Mr. Smith also started a very low-level lumbar stabilization exercise program to improve his ability to turn on his core muscles. With the proper progression of exercise and continued treatment to decrease inflammation and nerve pain, Mr. Smith was gradually able to do more difficult exercises while his pain decreased. The key here is that Mr. Smith started with the right exercise for his condition. This may be different for each person.

If you have tried a core program and have struggled to make the gains you've wanted or have experienced increased pain, you may have an underlying condition that is making it difficult for your core muscles to turn on properly. You may consider doing exercises that are easier for a period of time, and if pain-free for a couple of weeks, try a slightly more challenging exercise. Keep in mind that your physical therapist is trained to help you find just the right starting point. A physical therapist can also help you progress your program based on your individual goals and abilities.



Physical therapy brings motion to life.

motion



Did you know a
physical therapist
could help you:

- > **improve**
your mobility
and motion
- > **reduce**
pain without
medication
- > **avoid**
surgery



You've heard about physical therapy, but what can it bring to your life? A physical therapist can help you achieve and maintain mobility and quality of life without surgery or prescription medication.

With extensive education and clinical expertise, physical therapists help you move forward so you can do the things you like to do.

MoveForwardPT.com, brought to you by the Oregon Physical Therapy Association, is your source for information about how physical therapy can help bring motion to *your* life.

Message brought to you by:



Move Forward
Physical Therapy Brings Motion To Life

> Learn more benefits of Physical Therapy by visiting MoveForwardPT.com



The center of the body (the core) links the upper and lower body, and when strong, creates a power-generating base to maximize speed and leverage.

Improving Your Golf Game with a Strong Core

By Chris Cooper, PT, MSPT, CSCS, TAI — Athletic Club of Bend

If you think golfers are not athletes, take one look at Tiger Woods or Camilo Villegas, Annika Sorenstam or Natalie Gulbis. These modern day golfers are SERIOUS athletes, and their golf-specific exercise programs are SERIOUS workouts.



Chris Cooper

If you are a golfer who wants to improve your golf performance, you ought to take your exercise time seriously. You can bet the top 10 golfers in the world work long and hard at creating strong, powerful bodies in order to compete at the highest level. A major component to

every one of their workouts is core stabilization and strengthening.

The golf swing is primarily a rotational movement. Just about every body part rotates in various planes during the golf swing. The center of the body (the “core”) links the upper and lower body, and when strong, creates a power-generating base to maximize speed and leverage.

The core is comprised of the abdominal, lumbar, glut and pelvic floor muscles. Exercises that work these muscles are called core stabilization exercises. In order to have the most carryover in regard to creating a strong and powerful golf swing, core stabilization exercises should mimic the movements and positions of the swing as much as possible — mainly into rotation.

Strengthening the core muscles not only increases swing power, but it also protects the lumbar spine, which takes a beating with excessive rotation, especially when in a forward-bending position (the golf swing). The number one injury and complaint that golfers have is pain in their lower back.

Numerous swing faults can and will occur if your core is weak, including loss of posture, early extension, coming over-the-top, sway, slide, reverse spine angle and hanging back. A lot of these swing faults can occur even when your core is strong if you have not had good golf swing instruction from a teaching professional. Swing faults are basically compensations to get the club face to the ball, but they create biomechanical inefficiencies and the increased potential for injury.

Core exercises are good for most dynamic activities (like living life!), but they are especially important for athletes participating in sports. The core exercises included below are designed specifically for golfers and all require engagement/contraction of the abdominals prior to, and throughout, the exercise.

Single-Leg Bridges



Single-leg bridges increase strength in the glutes, hamstrings and low back muscles. Start with one leg on the ball and the other leg in the air. Brace your abdominals by slightly drawing your navel down toward your spine and lift your hips upward, exhaling as you go. Hold for 1 – 2 seconds at the top and slowly lower as you inhale.



Touch your hips to the floor and immediately repeat.

Standing Theraband Resisted Trunk Rotation and Sidestep

This exercise increases strength in the oblique abdominals (the prime rotators of the trunk) and the lateral glutes (muscles on the side of your hips which stabilize you laterally during the golf swing) moving through the impact zone.

Place a loop of theraband around your ankles and



grab a theraband anchored at elbow height. Engage the abdominals and simultaneously rotate and sidestep to the left. SLOWLY return to starting position, allowing a controlled movement (you are still exercising!) and repeat.

Swiss Ball Plank Exercise



The plank is a classic core exercise that mainly strengthens your upper abdominals and hip flexors. Start by engaging your abdominals. Place elbows on the ball with feet together and shoulders lined up vertical to your elbows. Maintain a flat back (i.e. no arching the low back up or down) and either hold this position for a time, or consider moving the ball in small ways, including forward/back, side to side, in diagonals or in circles. The further the ball is rolled forward, the harder this exercise becomes.

Doing core stabilization exercises are much more interesting and challenging than seated weight machines and do a superior job of strengthening you for positions and movements that really matter in daily life and sports — especially golf! Consider getting in touch with one of our golf performance specialists for a golf-specific assessment and fitness plan to maximize your core strength and golfing potential.



Our Commitment to Community



Seattle Metro

June 7: North Olympic Discovery Marathon
August 29: Oyster Urban Adventure Race — Seattle
September 20: Cycle the Wave

Spokane

May 16: Windermere Marathon
May 30: Wildcat Hoops 3-on-3 Tournament
June 27–28: Hoopfest
July 11: Let's Climb a Mountain
July 19: Valley Girl Triathlon
September 13: SpokeFest September
September 19: Cat Scramble Golf Tournament

Portland Metro

April 25: St. Helens Spring Garden Fair
July 10–12: Portland Cup, FC Portland Soccer Tournament
July 26: Lacamas Lake Run/Walk (Camas, WA)
August 1: Fremont Festival
August 7: Portland Twilight Criterium
September 19: Oyster Urban Adventure Race — Portland
September 19: Scappoose Sauerkraut Festival
October 2–3: Portland Marathon Expo

Eugene

May 1–2: Eugene Marathon Expo
May 3: Eugene Marathon

Mid Willamette

September: Annual Eat & Run Race (Albany)

Southern Oregon

May 16–17: Spring Thaw Mountain Bike Festival (Ashland)
August 1: Mt. Ashland Hill Climb (Ashland)

Boise

- May 23–24:** Treasure Valley Stage
- May 30:** Ironman 70.3 Sports Medicine Conference
- June 13:** Ironman 70.3 Boise
- June 19–21:** Payette River Experience
- July 11:** Spudman Triathlon

Central Oregon

- April 25:** Seven Peaks School Auction for Family Access Network Charity
- May 3:** King and Queen of the “Cone” bike fit and screening exam
- May 6:** The Center Foundation Spring Banquet
- May 16:** Pole Pedal Paddle
- July 11:** Smith Rock Race ½ Marathon
- August 1:** Cascade Lakes Relay

Team and Program Sponsorship

therapeuticassociates.com/sponsorships

- Athletic Training coverage for Phoenix High School (Medford)
- Black Diamond Cycling (Seattle)
- BMX Redmond (OR)
- Bogus Basin Nordic Team Sponsorship (Boise)
- Corvallis Pride Women’s Football League
- Get Fit Live Fit (OR)
- Liberty Little League Softball (Corvallis)
- Liberty Rugby Club (Seattle)
- Portland Triathlon Club (Portland)
- Redmond High School Basketball/Wrestling (OR)
- TAI Cycling Team
- Tualatin Youth Baseball
- XC Oregon (Bend)



3-day Summer Cycling Camp June 2009

June 5–7, 2009

Bend, OR

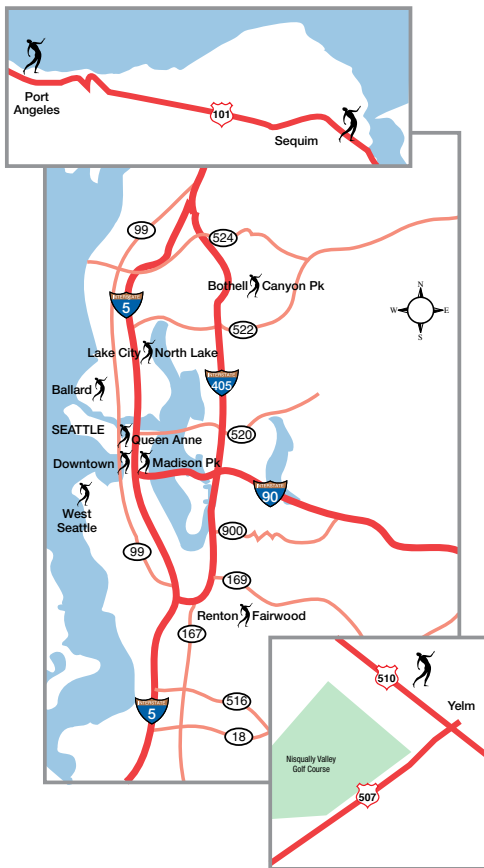
Cost: \$1,090

Massimo Testa MD: Professional Cycling Coach
Chuck Brockman PT: Expert Coach, Fit Specialist

- Lactate Testing & Zone Recommendations
- Cycle Fit & Pedaling Efficiency
- 3 Fully Supported Beautiful Rides
- Nutrition Counseling
- Massage and More!

Limited Space: 541-388-7738

www.therapeuticassociates.com/cyclecamp



TAI Fairwood Staff at the Renton Canine Candy Cane 5K:
 (Left to Right) Brittany Christopher; Nicole Smyth PT,
 DPT; Jeannette Baker; Julie Dresch PT, MS,
 OCS, CMPT, Director, Fairwood PT.

Western Washington

SEATTLE AREA therapeuticassociates.com/Seattle



BALLARD PT
 Roger S Wegley PT, Director
 206-789-7975



MADISON PARK PT
 Cora Bundy MPT, OCS, CMPT,
 CPI, Director
 206-324-5389



SEATTLE PT
 Megan Houser DPT, Director
 206-623-4570
 TPI Certification



BOTHELL PT
 Canyon Park Physical Therapy
 Christopher Leck DPT,
 Director
 425-489-3420
 New Location • New Director



QUEEN ANNE PT
 Jennifer Lesko MS, PT, Director
 206-352-0105



WEST SEATTLE PT
 Erica Clark PT, Director
 206-932-8363



LAKE CITY
 North Lake Physical Therapy
 Chuck Hanson PT, OCS, Director
 206-361-4745
 Celebrating 20 Years!



RENTON PT
 Fairwood Physical Therapy
 Julie Dresch PT, MS, OCS, CMPT
 Director
 425-272-0252
 TPI Certification

PORT ANGELES AREA therapeuticassociates.com/OlympicPeninsula



PORT ANGELES
 Corinne Schaefer DPT, Director
 360-452-6216



SEQUIM
 Enid Halewyn PT, Director
 360-683-3710

OLYMPIA AREA therapeuticassociates.com/Yelm



YELM PT
 Paul Groschel MSPT, Director
 360-458-2444



Participants of the 2008 Annual Kids Marathon in Kennewick.

Spokane/N. Idaho

therapeuticassociates.com/Spokane



LIBERTY LAKE PT
Steve Allen PT, OCS, FAAOMPT, Director
509-891-2258



NORTH SPOKANE
Wandermere Physical Therapy
Jim Moore PT, OCS, ATC, FAAOMPT, Director
509-466-4379



MEAD
Mt Spokane
Physical Therapy
Gale Anderson MSPT, OCS, FAAOMPT, Director
509-468-4861

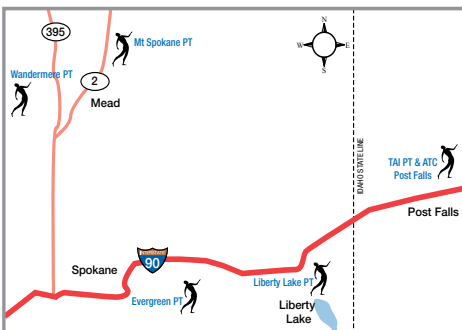


SPOKANE VALLEY
Evergreen Physical Therapy
Jeff Bresnahan DPT, Director
509-926-5367
New Director!

N IDAHO



POST FALLS
Physical Therapy & Athletic Training Center
David Andrews PT, OCS, SCS, ATC, LAT, MTC, CSCS
208-777-8273
New Clinic!



Tri Cities

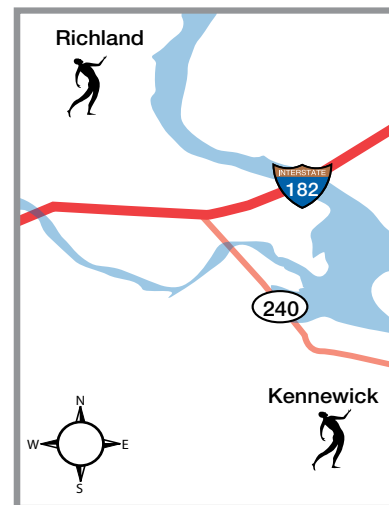
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RICHLAND PT
LeeAnn Carlson PT, Director
509-946-8497



WEST KENNEWICK PT
Kenneth Call DPT, Director
509-783-1962





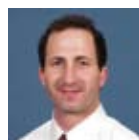
Participants of the 2008 Oyster Urban Adventure Race: (Left to Right) David McHenry DPT, Director North Portland; Aubree Swart DPT, Director NE Portland; Tony Rocklin MSPT, COMT, Director Downtown; David Deppeler PT, OCS, FAAOMPT, Director of Clinical Education; Morgan Denny DPT; Kelly Reed PT, OCS, COMT, Director Cedar Hills.

Portland Metro Area

therapeuticassociates.com/Portland



BEAVERTON PT
Zachary R Jones DPT,
Director
503-644-3311



DOWNTOWN
Tony Rocklin MSPT,
COMT, Director
503-450-0591



NW PORTLAND PT
Todd J Cruz MPT,
Director
503-227-3479
TPI Certification



SW PORTLAND PT
Darin Borter DPT,
OCS, COMT, Director
503-244-0570



BETHANY PT
Jessica Dorrington PT,
MPT, CMPT, CSCS,
Director
503-466-2254
TPI Certification



FOREST GROVE PT
Scott Hein DPT,
Director
503-357-9810



ST HELENS PT
H. Patrick Corrigan
PT, Director
503-397-1914



TUALATIN PT
Stephen A Barsotti
PT, Director
503-692-4934
TPI Certification



CEDAR HILLS PT
Kelly Reed PT, OCS,
COMT, Director
503-292-3583



HILLSBORO PT
Timothy O Brinker PT,
OCS, FAAOMPT,
Director
503-844-9294



SCAPPOOSE PT
Olya Kurkoski DPT,
Director
503-543-0254



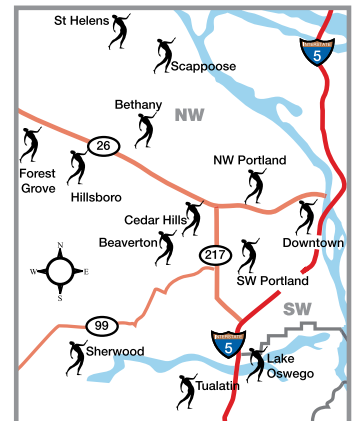
CEDAR HILLS PT
Aimee Jackson
MSPT, Director
503-292-3583



LAKE OSWEGO PT
LO F.I.T.T.
Shawn Dailey PT, Director
503-635-0844
New Clinic!
TPI Certification



SHERWOOD PT
Chris Hoekstra DPT,
OCS, COMT, Director
503-625-1691





CLACKAMAS PT
 Mark McCurdy MPT, COMT,
 Director
503-659-9155



EAST PORTLAND PT
 Jennifer Hammond DPT,
 Director
503-253-0924
New Director!



GRESHAM PT
 John Parr PT, Director
503-666-7644
TPI Certification



N PORTLAND PT
 PACE
 David V McHenry DPT, Director
503-283-8133



NE PORTLAND PT
 Aubree Swart DPT, Director
503-493-4463
TPI Certification

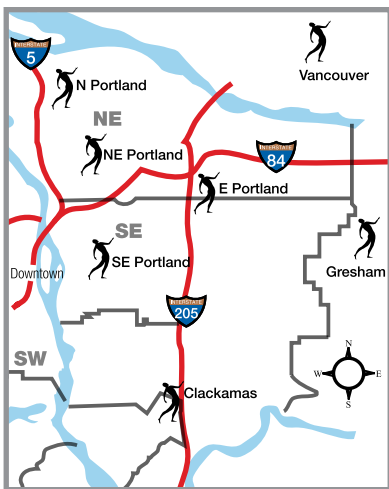


SE PORTLAND PT
 Daniel Renelt DPT,
 Director
503-774-3585



SW WASHINGTON

VANCOUVER PT
 Andrew Sahnaw DPT, Director
360-514-9383



Salem

therapeuticassociates.com/Salem



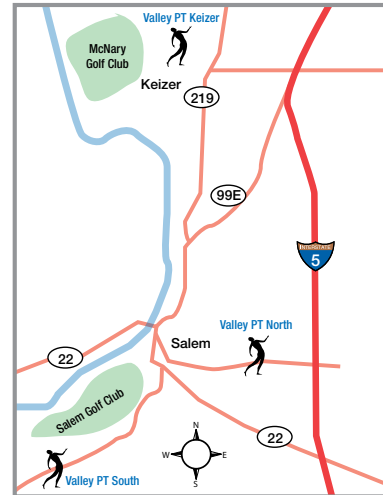
SALEM NORTH
 Valley Physical Therapy
 Evan Jones PT, OCS,
 Director
503-378-7434



SALEM SOUTH
 Valley Physical Therapy
 Jeffrey R Blanchard MS,
 PT, Director
503-585-4824



KEIZER
 Valley Physical Therapy
 Marcey Keefer Hutchison
 MSPT, ATC, CMP, Director
503-463-4221
New Location!



Mid-Willamette Valley

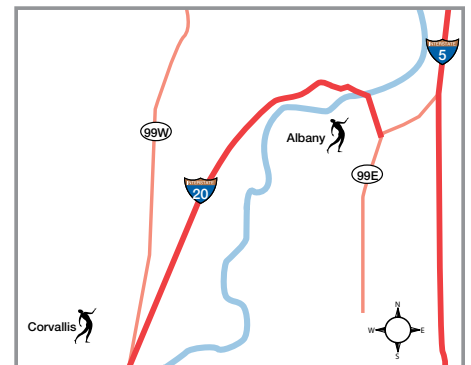
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ALBANY
 Mid Valley Physical Therapy
 Richard Costain PT, Director
541-967-1224



CORVALLIS PT
 Michael Joki PT, Director
541-757-0878





Participants cross the finish line at the 2008 Ashland Spring Thaw Bike Festival.

Eugene

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WEST EUGENE PT
Bradley Schwin MS, PT,
OCS, Executive Director
541-484-9632



OMG ORTHO AND SPORTS MEDICINE
David Dowd MS, PT,
Director
541-242-4870



SPRINGFIELD
Gateway Physical Therapy
Angela Lewis DPT,
Director
541- 242-4172



OMG SOUTHTOWNE
Hannah Shallice MSPT,
Director
541-242-4470
New Clinic!



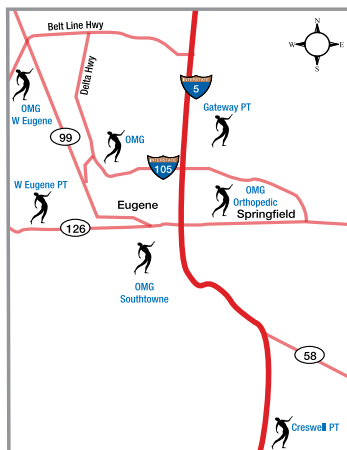
OMG AT EUGENE
David Dowd MS, PT,
Director
541- 242-4172



CRESWELL PT
Ed Meelhuysen PT,
Director
541-895-5913



OMG AT WEST EUGENE
Hannah Shallice
MSPT, Director
541-463-2191



Southern Oregon

therapeuticassociates.com/SouthernOregon



ROSEBURG
Central Physical Therapy
Jeffrey S Jones PT,
Director
541-673-1808



MEDFORD PT
Jay A Ruettggers DPT,
ATC, CSCS, Director
541-779-1041



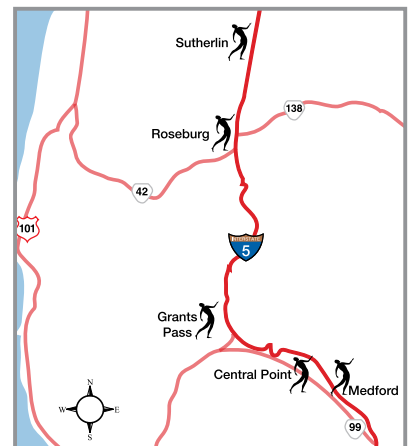
GRANTS PASS PT
Eric Medley MSPT,
CSCS, Director
541-479-0765



SUTHERLIN PT
Dan Hirtle PT, Director
541-459-8459



CENTRAL POINT PT
David B Standifer PT,
Director
541-664-2800





Central Oregon Athletic Club of Bend staff at the Pole Pedal Paddle: (Left to Right) Chris Cooper PT, MSPT, CSCS; Laura Cooper MSPT, CSCS, Director Central Oregon at the Athletic Club of Bend; Susan Jones MSPT; Craig Boswell PT, CSCS.

Central Oregon

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BEND
 Chuck Brockman PT, MPT,
 OCS, CSCS, Director
 541-388-7738



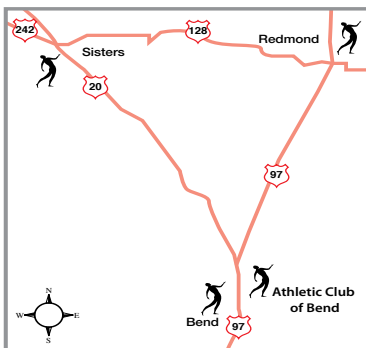
REDMOND PT
 Karen Elton Walz PT, MA,
 OCS, COMT, FAAOMPT,
 Director
 541-923-7494



BEND IN THE ATHLETIC CLUB
 Laura Cooper MSPT, CSCS,
 Director
 541-382-7890
 TPI Certification



SISTERS IN THE ATHLETIC CLUB
 Gary Keown PT, Director
 541-549-3574



Idaho

therapeuticassociates.com/Idaho



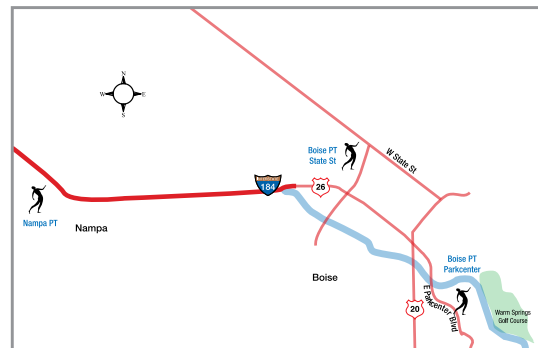
BOISE PT
 Park Center
 Matt Booth DPT, OCS,
 Director
 208-433-9211
 TPI Certification

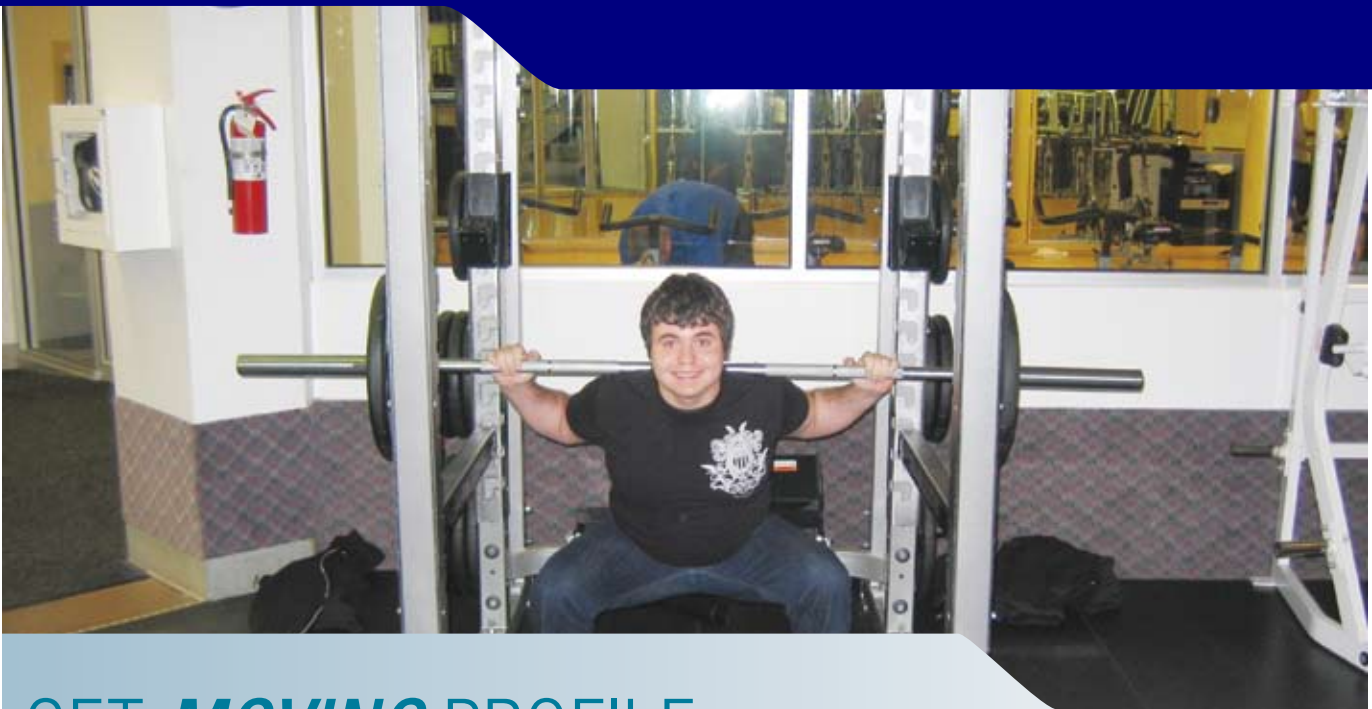


NAMPA PT
 Derek Stiegemeier, DPT,
 Director
 208-442-0577
 New Clinic!



BOISE PT
 State Street
 Robert Barnes DPT, OCS, Director
 208-336-8433
 TPI Certification





GET *MOVING* PROFILE

Lee Reynolds, Patient of TAI Downtown Portland Physical Therapy.

A SECOND CHANCE AT AN ACTIVE LIFE

My name is Lee Reynolds, and I am a living testimony to Tony Rocklin MSPT's Cardio-Othopedic Rehabilitation Program at TAI Downtown Portland Physical Therapy.

I never thought I would be a participant in any type of cardiac-orthopedic program because I was a young, healthy, and active person. I used to train extensively in Mix Martial Arts, Power Lifting, and Olympic Lifting four to six days a week, and ate a healthy diet that consisted of almost all organic and natural foods. Even with all of that, I developed a life-threatening case of cardiomyopathy.

Shortly after my 20th birthday I ended up at the Providence Hospital in Newberg, Ore. where they found that my heart had grown to about the size of my lungs, so they sent me to Oregon Health Sciences University (OHSU). I stayed in the hospital over seven months and had 28 surgeries, including a heart transplant. During that time I was unable to get out of bed which, needless to say, I built up a plethora of musculoskeletal restrictions.

When I first got home from the hospital I suffered from pain in my shoulders and back. One of my physicians referred me to a physical therapist named Tony Rocklin. I was a bit skeptical to see him, but she told me that Tony was a Certified Manual Orthopedic Physical Therapist and that he, too, was a young athlete who had open-heart surgery.

At my first visit to TAI Downtown Portland, Tony completed my Initial Evaluation and took time to talk to me about what

I had been through and my goals for recovery. He performed many tests to assess how I was moving and what areas might be restricted. After my examination, Tony explained to me the game plan on how we would tackle the list of musculoskeletal problems.

My treatments included, among other things, manual therapy to gently and safely release some of the joint and soft tissue tightness and therapeutic exercises designed specifically for me to promote increased movement with less pain. These really helped me feel better during the week, and I could tell I was working hard, but not too hard. Tony was sensitive about monitoring my physical comfort as well as my blood pressure. He made me feel very comfortable by communicating with me and my physicians throughout the process.

After going through so much physical and emotional trauma in the hospital, I was excited that there was a treatment program that would help me get back a part of my life I thought I'd lost forever. Tony helped me eliminate the physical ailments and pain that I sustained while going through surgeries and periods of recovery, while also focusing on my heart and lung conditioning. I have learned how to move better, feel better, and continue to take care of myself. The care provided by Tony and his staff, combined with their incredible experience, made this entire process very easy and relaxing.





Improve Your Golf Game with Our TPI Certified Physical Therapists

TPI Certified Golf Fitness Instructor Program



If you have a desire for a more consistent swing, greater distance and a lower score, our TPI Certified Golf Fitness Instructors are your best partner to a better game. Our therapists are certified through the Titleist Performance Institute (TPI), a PGA and LPGA approved golf-specific fitness training program.

Therapeutic Associates Golf Performance Program is unique in that your Certified TPI Instructor is also a licensed physical therapist and avid

golfer. This unique combination of skills offers unparalleled insight and treatment approaches for any physical limitation that may be affecting your golf swing. This program delivers a comprehensive golf-specific physical examination and a customized golf strength and flexibility program specific to your individual needs.

TAI Golf Performance Evaluation and Fitness Program: \$300

- 2 – One-on-One 60-Minute Scheduled Appointments
- 13-Point Professional Physical Evaluation by a TPI Certified PT
- Possible Video analysis to determine physical limitations
- Web-Based Personalized Strength & Conditioning Exercise Prescription

TAI Golf Performance Re-Evaluation: \$200

To find one of our TPI Certified Therapists, visit our website:

www.therapeuticassociates.com/golfperformance

Benefits:

- Increased ROM (Range of Motion)
- Improved Balance and Coordination
- Increased Strength
- Increased Flexibility
- Improved Golf Performance
- Increased Stability
- Improved Golf Posture
- Increased Power



Contact us at: **Therapeutic Associates, Inc.**

7100 Fort Dent Way, Suite 220, Seattle, WA 98188

206-241-8488 phone • 206-241-0028 fax

Dorothy Klemetson x2200 | dorothyk@taiweb.com

Scott Wick x2214 | swick@taiweb.com

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GET MOVING

Therapeutic Associates
OYSTER RELAY CHALLENGE

AN AMAZING RACE

Fun!



Run, bike, skate, climb, and much more with the element of surprise. Take the passport to an ultimate adventure.

Teamwork



People working in unison for a higher cause. The meaning of Therapeutic Associates Oyster Relay Challenge. Combine pure athleticism with thought provoking strategy.

Cause



Proud supporter of the Arthritis Foundation.

Relay Event...



4-6 Racers **4-6 Hours** **30-40 Miles**

Oyster Relay: This division is ideal for anyone who wants a challenge while being involved in a unique team-building event. The Oyster Relay course remains the same as the traditional division's full course. However, the Oyster Relay teams will consist of at least four, but no more than six individuals participating. Embrace the challenge.

Seattle, WA
August 29, 2009
Portland, OR
September 19, 2009



Visit ♦♦♦

www.therapeuticassociates.com/oysterrelaychallenge