

# LOCATIONS

# THERAPY SERVICES

## ABOUT NORTHWEST THERAPY

At Northwest Therapy, our goal is to help individuals achieve their maximal level of function through the development of treatment programs that can be tailored to meet the specific needs of each patient. Our therapists ensure that patients clearly understand the treatment to be provided, their individual treatment goals, and, most importantly, their role and responsibility when they are outside the clinic environment.

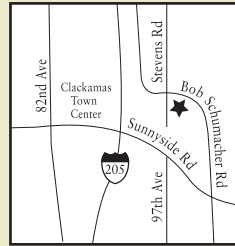
Our therapy staff is committed to providing our patients with the caring and individualized attention they deserve. Therapists and patients work together as a team, striving toward the goal of maximum physical functioning and wellness.

Rehabilitation following an injury may be a conservative, non-surgical course of rehabilitation or, if you and your physician elect surgery, a post-surgical course of rehabilitation. Our trained therapists are available to assist you during your rehabilitation in a motivating environment, uniquely designed for patients rehabilitating from all types of injuries.

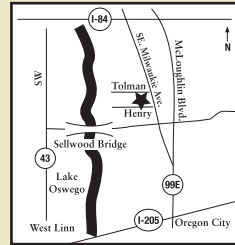
Our outpatient clinics are designed to serve the needs of a diverse patient population. At every visit, all patients receive personalized, individual care by a licensed Physical and/or Occupational Therapist.

At Northwest Therapy, we believe that if you are active, you're an athlete—and deserve the best!

## NORTHWEST THERAPY LOCATIONS



NORTHWEST THERAPY  
12119 SE Stevens Ct.  
Happy Valley, OR 97086



SELLWOOD/MORELAND  
6327 SE Milwaukie Ave.  
Portland, OR 97202

P 503.353.1278 | F 503.353.1273  
nwtherapy.net

Our team emphasizes compassion and is committed to providing individualized service that focuses on the needs of each patient.

We believe that Physical and Occupational therapy are most effective when patients are well-educated about their condition and actively involved.



# THERAPY SERVICES & PROGRAMS

## PHYSICAL THERAPY

### INJURIES

- Motor Vehicle Accidents
- Workers' Comp
- Muscle strain
- Fractures
- Total joint replacement
- TMJ
- Tension headache
- Back/sciatic and neck pain
- Hip Bursitis
- ACL/PCL/MCL/LCL
- Meniscus injury
- Ankle sprains
- Rotator cuff injuries
- Frozen shoulder
- Golfer's/Tennis Elbow
- Fibromyalgia
- Osteoarthritis
- Rheumatoid Arthritis
- Stroke (CVA)

### GAIT TRAINING ANALYSIS

### POSTURE ASSESSMENTS

### ERGONOMIC ASSESSMENTS

### BODY MECHANICS

### ASTYM®

- Post-Mastectomy
- Scar reduction
- Adhesions

## SPORTS THERAPY

### POST-OPERATIVE

- ACL/PCL/MCL/LCL
- Meniscus
- Rotator cuff repair
- Total joint replacement
- Shoulder
- Spine/fusion/laminectomy

### SPORTS INJURIES

- ASTYM:
  - Tendonitis/Tendinosis
  - Plantar Fasciitis
  - Golfer's/Tennis Elbow
  - Achilles Tendonitis
  - ITB Syndrome
  - Patellofemoral Syndrome
- Pre-season training programs
- Injury prevention
- Fitness programs

### PREVENTION

- Pre-operative assessment/  
exercise
- Pre-joint replacement education
- Sports mechanics
- Back/neck school

## OCCUPATIONAL THERAPY

### INJURIES

- De Quervain's Thumb
- Carpel Tunnel
- Golfer's/Tennis Elbow
- Trigger Finger
- Elbow/wrist/hand fractures
- Shoulder injuries
- Stroke (CVA)
- Amputee
- Workers' Comp/MVA

### SCOOTER/WALKER/WHEELCHAIR ASSESSMENT

- Mobility device training
- Equipment modification

### FALL PREVENTION

- Balance assessments/treatments
- Floor recovery
- Home safety recommendations
- Transfer training
- Gait training

### CUSTOM SPLINT FABRICATION

- Thumb spica
- Wrist and elbow
- Resting/functional hand

