

*Orthopedic Sports Rehabilitation  
is our specialty.*

The clinical team at West Portland Physical Therapy Clinic includes highly trained therapists who are well-versed in orthopedic care and trained in multiple manual therapy techniques. You will receive a comprehensive program designed to return you to your game and maintain great performance.

We're here for you. Our clinic has a wide range of equipment for your sport-specific goals. We offer video analysis to instruct you to facilitate recovery and avoid injury. By utilizing all appropriate modes of manual therapy and exercise, as well as providing comprehensive education of body mechanics and self-care, we will create a partnership with you to ensure immediate results and long term physical well-being.

*Our practice begins with you.*

From grade school students to centenarians, we can help you with the many different orthopedic issues you may face throughout life. Our staff is ready to address your specific orthopedic diagnosis and put you on the road to recovery.



*Where health and healing come  
together for you.*

We hope you begin to notice an improvement in your condition after your first visit.

A calm, comfortable atmosphere is the most conducive to effective treatment. You'll find it here.

Your activities and your passion are at the core of our focus on treatment.

Our therapists have expertise and experience in a wide range of activities, so we understand where you're coming from and where you want to go.

Long-term success begins with a focus on a home program. We understand what you need to progress rapidly.




West Portland  
Physical Therapy  
Clinic LLC

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# Orthopedic Sports Rehabilitation

West Portland Physical Therapy Clinic LLC





Your goals  
are our goals.

### **Getting to the Core**

We believe in a holistic approach. Your reason for coming to us may involve a specific joint, but could be a symptom of posture or muscular weakness or tightness in other parts of the body. We always seek out the root cause of your injury and work from there.

Treatment begins with a thorough initial evaluation of your past medical history and present condition. Based upon these findings, your therapist will collaborate with you to develop a comprehensive treatment plan that includes objective and personal physical goals.

### **A Plan for Success**

Your treatment plan is tailored to meet you where you are and fit into your daily routine and will include specific modalities to help reduce symptoms and facilitate the healing process. Hands-on manual therapy techniques, soft tissue mobilization, and individual instruction for strengthening, stabilization, flexibility, balance, performance of daily functional activities, and video analysis of movement patterns in order to correct imbalances will be a part of your plan.

You will receive instructions for therapeutic activities that you can do at home to further speed your recovery between visits. By becoming more in tune with your body, you will learn to listen for early warning signs of dysfunction or imbalance, and know how to respond appropriately.

*We help patients with all types of orthopedic issues.*

**Spine:** cervical, thoracic, and lumbar diagnoses such as muscular strains and sprains, referred pain/radiculopathy, sciatica, disc herniation, stenosis, degenerative disc disease, post-surgical rehabilitation, and scoliosis.

**Shoulder:** rotator cuff injuries including pre- and post-surgical rehabilitation, shoulder separations, labral tears, biceps tendonitis, impingements, frozen shoulder, and thoracic outlet syndrome.

**Elbow:** lateral and medial epicondylitis, fractures, and bursitis.

**Wrist and Hand:** carpal tunnel syndrome, sprains, fractures and tendonitis.

**Hip:** fractures, total hip replacements, labral tears, trochanteric bursitis, osteoarthritis, hamstring strain, and iliopsoas strain.

**Knee:** pre- and post-surgical rehabilitation for injuries to the ligaments and menisci, micro-fracture surgery, degenerative joint conditions, total knee replacements, and patellofemoral pain.

**Ankle and Foot:** sprains, fractures, post-surgical rehabilitation, plantar fasciitis, and tendonitis.

### **How We Treat**

We believe that successful treatment is the result of consistency in care. Our model is designed to foster this concept and is, frankly, unique in Portland. Typically, you will work with the same physical therapist throughout your rehabilitation. This partnership will help you achieve your goals, ensuring your progress is closely monitored and quickly address any issues or concerns to keep your recovery on track.