

PROGRESS REPORT

FALL 2009

Serving the Willamette Valley for over 30 years

Official
SPORTS THERAPY
& REHAB PROVIDER OF



FROM THE LEADERSHIP TEAM

Fall is a time of harvest and completion. This fall season brings the completion of several projects at PT Northwest. This edition of *The Progress Report* will update you on our remodel projects and much more.

The remodel of our NE Salem location is almost complete. We are putting the finishing touches on this extensive renovation. The last remaining item is the addition of more parking spaces. **When the new parking spaces are complete, our NE Salem clinic will have more than double its current parking.**

Another completed remodel project is our newly expanded Corvallis location. This clinic now has over 4,200 square feet of space. It has two spacious gym areas and is packed with high-end exercise equipment. Our Corvallis location also offers a Wellness Program which our patients really enjoy having onsite.

This edition of *The Progress Report* will also introduce you to our new Clinic Director in West Salem, Renske Rose, MSPT CIMT. Renske is taking over for Scot Campbell, PT OCS. Scot is moving on to become our Director of Clinical Advancement and will be responsible for making sure that best practices

are applied at every PT Northwest location. Scot will also be helping with vacation coverage throughout our group.

We also want to introduce you to some new members of the PT Northwest rehab team. You will be impressed with them. These new additions will make it easier to get patients treated without delays.

The Progress Report will close with an update on our web site and a look at The Con Ed Corner. Our entire Leadership Team would like to thank you again for allowing PT Northwest to meet your physical rehab needs. We are truly thankful for being able to serve the Willamette Valley for over thirty years.



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CLINIC DIRECTOR

NEW WEST SALEM



PT Northwest is pleased to announce that **Renske Rose, MSPT CIMT is the new director of our West Salem location.** Renske has been a member of the PT Northwest family since 2008. Originally from Holland, Renske found her way to Oregon and attained her Masters in Physical Therapy degree from Pacific University in 1999. Since graduation, she has been practicing primarily in an outpatient orthopedic setting. **In 2006 she became a Certified Integrated Manual Therapist through Great Lakes Seminars and uses her manual therapy skills to optimize treatment outcomes.** Her strong sense of seeing the body as a working unit allows her to treat more effectively.

As a physical therapist, Renske evaluates individuals by looking at the body as a whole. Having a strong understanding of human bio-mechanics, Renske determines the driving force of a patient's dysfunction and then

utilizes her extensive experience in manual skills balanced with therapeutic exercise to treat the determined "drivers" of the dysfunction. **Another area of interest for Renske is Balance and Vestibular Rehabilitation.** She is among the few therapists who consistently treats patients with vestibular or balance disorders. Her approach to treating vestibular patients is first determining the possible underlying cause, and then tailoring the treatment towards the individual's specific needs or deficits.

As dedicated as Renske is to her career, she also carries that dedication over to her life with her family. With a husband and three young children, Renske frequently goes camping, hiking, and does some traveling overseas to visit extended family. Feel Free to stop by and visit Renske at the West Salem location, or you can reach her at 503.391.5542.

GETTING INTO TREATMENT WITHOUT DELAY

From both our Patient and Referral Source Surveys, we know that getting patients into treatment without delay is very important. We want to let you know about one of our longstanding internal policies. **It is our policy that a new patient will be offered an appointment at one of our locations within 2 business days. If a patient has an emergency situation, that**

patient will be seen at one of our locations on the same day. That is our promise to you.

If you are experiencing something different with our group, please don't hesitate to contact one of our Clinic Directors. PT Northwest has added more therapists to our physical rehab team to make sure patients can get into one of our locations without delay.



OUR NEW WEB SITE IS HERE

Our new website offers much more information about our rehab disciplines and the services that we provide. In addition, the website has significantly expanded the Health Tips section. Our patients like one of our new sections called PT Northwest Stories. This section allows both our patients and members of the PT Northwest family a place to tell about their experience with our group. If you have a minute, **check out ptnorthwest.com** and let us know what you think.



NEW ADDITIONS TO THE PT NORTHWEST REHAB TEAM

CAROL HAUTH, PT



Carol is the newest therapist to the PT Northwest family. She is a graduate of the University of Colorado and brings 30+ years of experience to PT Northwest. She has devoted her career to the provision of high quality rehabilitation services in both direct patient care and management roles. She is proud that the profession of physical therapy is so unique in that it is the link to independence and function for so many. She truly enjoys the rewards

that come from helping patients achieve their functional goals. Carol is a true believer in physical fitness and maintaining a healthy lifestyle. Carol and her husband are "empty nesters" with two grown children and her free time is devoted to camping, hiking, fishing and photography. **Carol will be treating patients at the Stayton location and also at Santiam Memorial Hospital. Carol can be reached at 503.769.7131.**

JENNA BILHORN, MPT



Jenna grew up in St. Louis, Mo and is a 2009 graduate of the University of Missouri with a Masters in Physical Therapy. She was drawn to Oregon for the adventure and, after interning at PT Northwest, chose to join the staff because she felt it was the best place to begin her career. Jenna plans to do a medical mission trip someday, perhaps to Belize. She enjoys working with Spanish-speaking patients and would like to become a

Certified Translator in Spanish. When Jenna is not at work she enjoys playing with her dogs, hanging out with friends, adventures/exploring, and playing soccer and ultimate Frisbee. **Jenna is treating patients at the Stayton location. Jenna can be reached at 503.769.7131.**

VANESSA HILL, DPT



Vanessa came to PT Northwest from Detroit, MI after graduating with her doctorate in Physical Therapy from Oakland University. Prior to that, she received her bachelor's degree in business from Walsh Business College where she studied advertising and interactive marketing. After spending six years working in advertising, Sept 11th occurred and she decided to pursue a career in health care for a more fulfilling purpose in life. Vanessa

relocated to the Pacific Northwest and joined the PT Northwest family in January 2009. As a professional goal, she would like to develop her manual orthopedic skills. She enjoys the outdoors, music, reading, traveling, and spending time with friends/family. **Vanessa is treating patients at the South Salem location and can be reached at 503.585.5131.**

ANNALEE EDLEFSEN, DPT



Analee graduated with her Doctorate in Physical Therapy from Pacific University in May 2009. She decided to join PT Northwest after completing an 8 week internship where she enjoyed the atmosphere and the people she worked with. She loves physical therapy because she works with a variety of people, helping them solve problems with their bodies that are preventing them from functioning where they want to be. She enjoys teach-

ing her patients strategies on how to avoid having to return for further physical therapy. Analee enjoys traveling and has been to 15 countries. She plans on traveling to Zambia, Africa in April with "Mothers Without Borders". Other hobbies include online scrapbooking, music, movies, cooking, games and athletics. **Annalee is treating patients at the Northeast Salem location and can be reached at 503.371.8860.**

KATRINA ROOKUS, DPT



Originally from Michigan, Katrina graduated in 2008 with her Doctorate in Physical Therapy from Grand Valley State University in Grand Rapids, MI. She also has a B.S. in Biomedical Sciences from Grand Valley State University. Katrina is interested in outpatient orthopedic physical therapy including manual therapy, sports rehab, and pediatrics. Katrina moved to Oregon about a year ago to enjoy the mild climate and plentiful recreation including camping,

backpacking and hiking. **Katrina is treating patients at the Keizer location and can be reached at 503.463.5231.**

Restoring Your Active Lifestyle

CORNER

CONTINUING EDUCATION

PT Northwest strives to be a leader of therapeutic treatment in the Pacific Northwest. Our group seeks to approach all patients with treatment strategies that are grounded in solid research. **Our team of rehab professionals enjoy one of the most generous continuing education benefits in the nation.**

Below is a listing of some of the continuing education courses take by our therapists over the past few months:

- Treatment of the Hand, Wrist & Elbow
- Manual Therapy for Treating Pelvic Pain Syndrome
- Mobilization of Cervical/Thoracic
- NES Mulligan Course-Upper Quadrant
- Kinesio Taping & Myofascial Release for Orthopedic Conditions
- Spinning & Vestibular Rehabilitation
- Functional Biomechanics of Lower Quadrant
- Mobilization of the Cervical & Thoracic Spine & Ribs
- Sports Related Injuries in the Young Athlete
- Spanish for Rehab Professional

PT Northwest has therapists with the following specialties: ASTYM Certified Specialists, Orthopedic Certified Specialists, North American Institute of Orthopedic Manual Therapy Certified Therapists, Certified Integrated Movement Therapists, Sports Certified Specialists, and Certified Strength and Conditioning Specialists. If you would like more information about our continuing education program, please contact Scot Campbell, PT at 503.580.1784 or at scampbell@ptnorthwest.com.



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