

# PROGRESS REPORT

SUMMER 2009

*Serving the Willamette Valley for over 30 years*

*Official*  
SPORTS THERAPY  
& REHAB PROVIDER OF



## FROM THE LEADERSHIP TEAM

Summer is finally here. It is often a time for completing those projects around the house. At PT Northwest, the summer brings the completion of the remodel of our main location and the start of another remodel project.

The interior remodel of our NE Salem location is complete. The patients rave about the bigger gym space and the new advance fitness equipment. **At over 8,000 square feet, it is one of the largest physical rehab clinics in Oregon.**

On the outside of our NE Salem location, we are beginning expansion of our parking capacity. We purchased the adjacent property and will be adding additional parking spaces, because as the need for our services grows, so does the need for more parking.

Another exciting project is the expansion of our Corvallis location. After being open for just two years, our Corvallis clinic was bursting at the seams. The clinic remodel will push the available space to over 4,200 square feet. **Our expanded Corvallis location will include two spacious gym areas, more high-end exercise equipment, and a wellness program.** Our wellness programs have been

very popular with our patients who want to continue working out after they have completed their plan of care. We will send out invitations to the open houses on both of these expansion projects later this summer.

Besides hearing about the clinic remodels, this edition of *The Progress Report* will highlight our new occupational therapist and the roll out of our new web site. No edition of *The Progress Report* would be complete without a PT Northwest Success Story and a Con Ed Corner Update. Our entire Leadership Team would like to thank you again for choosing us to meet your physical rehab needs. If we can improve our services in any way, please don't hesitate to let us know.



### WHAT'S INSIDE:

Expanding Occupational Therapy P2 | PTNW Success Story P2 | New Web Site P3 | Continuing Ed Corner P3 | More Advanced Certifications P4

# EXPANDING OCCUPATIONAL THERAPY SERVICES



PT Northwest is pleased to welcome Oanh Bui, our newest Occupational Therapist. The PT Northwest family is growing with new therapists, along with an expanding Occupational Therapy program. Oanh is returning to her hometown of Salem, Oregon after living in Omaha, Nebraska for 5 years, during which time she received her Doctorate of Occupational Therapy degree from Creighton University. Oanh worked in both an acute care hospital and an outpatient hand clinic. Her experience includes, but is not limited to, orthopedic rehabilitation of the upper extremity, stroke rehabilitation, ergonomics and inpatient acute care rehabilitation.

#### Oanh's Professional interests begin with:

- Hand Therapy
- Ergonomics
- Stroke Rehabilitation
- Post-Op Orthopedic Rehabilitation

#### Personal Interests:

- Running
- Snowboarding
- Spending time with family and friends

PT Northwest's OT services have expanded to provide additional coverage at the Stayton and Northeast Salem clinics as well as Keizer, West Salem and South Salem locations! Many of the OT treatments include hand therapy, splinting, acute care (at Santiam Memorial Hospital in Stayton), ADL training, wheelchair evaluations (excludes Medicare), and home safety assessments. With two Occupational Therapists, Andrea Britten and Oahn Bui, PT Northwest can provide on-staff OT services to more locations to better meet the needs of the communities. **PT Northwest is the only outpatient facility in the Willamette Valley that offers on-staff occupational therapy, physical therapy and speech therapy!**

## A PT NORTHWEST SUCCESS STORY RAIGE TUCKER

The treatment I received at PT Northwest in Stayton was a great experience for me. I came to their office at a really hard time in my life when my neck and back weren't working the way I was used to. I was in a lot of pain, and the last thing I wanted to do was to move and exercise those areas.

My first visit was wonderful, in spite of my pain level. I expected a normal "doctor" type visit, impersonal and boring. I got the exact opposite of that. Luke and his staff were very friendly,

**My first visit was wonderful, in spite of my pain level. I expected a normal "doctor" type visit, impersonal and boring. I got the exact opposite of that.**

caring and high energy. I'm pretty stubborn and they encouraged me to talk and move in a way that made it easy to push forward and meet the goals they had set for me.

My follow up visits were just as awesome. Each week I could see small improvements in my health and attitude. While some people may dread going to the physical therapist, the personal way they treated me made me look forward to my appointments. **I can't thank PT Northwest in Stayton enough for how they changed my health, my outlook, and my life.** I would recommend them first, hands down, to anyone looking for physical therapy.





# NEW PT NORTHWEST WEB SITE **COMING SOON**

The new PT Northwest web site is almost finished. The new site will be a major upgrade to our current one. We are very excited about it. **The upgraded web site will feature much more information on the services PT Northwest provides.** One of the new sections we are really excited about is PT Northwest Stories. This section will include

profiles on various members of the PT Northwest family, along with a place for patients to tell about their experience with our group. The Health Tips section was significantly increased to help our patients maintain a healthy lifestyle. Our new web site will debut this summer. Stay tuned for more details.

# CONTINUING EDUCATION **CORNER**

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 taken by our therapists over the past few months:

#### Sports Medicine:

- Cincinnati Sports Medicine Annual Conference

#### Manual Therapy:

- Comprehensive Treatment of the Shoulder
- Manipulation of the Spine, Pelvis, & Thorax
- Diagnosis & Treatment of Upper & Lower Quadrants
- Balance & Vestibular Training

#### Women's Health:

- SI Joint Evaluation & Treatment

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](mailto:scampbell@ptnorthwest.com).



## Restoring Your Active Lifestyle

# MORE ADVANCED CERTIFICATIONS

Many PT Northwest therapists have advanced certifications in specialty areas. **We are pleased to announce two more physical therapists who have achieved an advanced certification.**

Scot Campbell, PT (Clinic Director West Salem) and Lisa Gilbertson, MSPT CSCS (Clinic Director Keizer) recently became Board Certified Specialties in Orthopedics from the American Physical Therapy Association. Both Scot and Lisa had to have a minimum of 2,000 hours in their practice specialty and pass a rigorous national examination.

Clinical specialization in physical therapy responds to a specific area of patient need and requires knowledge, skill, and experience exceeding that of the physical therapist at entry to the profession and unique to the

specialized area of practice. The specialist certification program was established to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice and to assist consumers and the health care community in identifying these physical therapists.

**There are only 55 Board Certified Orthopedic Specialists in Oregon and only 6 in the Salem area. 4 of the 6 are a part of the PT Northwest family.**

Achieving advanced certifications is right in line with PT Northwest's vision to be the foremost progressive comprehensive physical rehabilitation group in the Pacific Northwest. Please join us in congratulating Scot and Lisa on their accomplishment.



685 36th Avenue NE ▲ Salem, OR ▲ 97301

## CONTACT US

<b>NE SALEM</b>	503.371.8860
<b>STAYTON</b>	503.769.7131
<b>SOUTH SALEM</b>	503.585.5131
<b>WEST SALEM</b>	503.391.5542
<b>MCNARY/KEIZER</b>	503.463.5231
<b>MONMOUTH</b>	503.838.4244
<b>CORVALLIS</b>	541.602.4423
<b>ADMINISTRATION</b>	503.540.8701

## EDITORS

**JODEEN BARBA** PTA

**LESLIE CHROWL**

**KENNEDY I. HAWKINS** MBA, JD, LLM

**PTNORTHWEST.COM**