



Specializing In:

- Athletic Rehab
- Balance Training
- DDD/DJD
- Fibromyalgia
- Frozen Shoulder
- Low Back Pain
- Myofascial Pain Syndrome
- Neck Pain
- Postural Dysfunctions
- Post Operative Surgeries
- Repetitive Stress Injuries
- SASTM
- Scoliosis
- SI Dysfunction
- Sprains and Strains
- Sports Injuries
- Stress Fractures
- Whiplash
- Women's Health Care

Most insurance plans accepted, including Medicare and Medicaid. Please call for more information.



At Eastside Physical Therapy, individual rehabilitation programs are created specifically for each patient. Our rehabilitation philosophy is to promote healing through a combination of exercise and manual therapy, as well as educate the patient in injury prevention, body mechanics and self-help techniques. We work with each individual patient to design a treatment program that fits their lifestyle, and with physicians to ensure that our patients have the best possible outcome. The ultimate goal is for you to return to normal activities of daily living, work, and participation in sports or recreational activities.

Our treatment approach first focuses on decreasing pain, edema and muscle guarding to improve joint motion. Pain relief techniques and modalities such as hot/cold packs, ultrasound, electrical stimulation, support wraps, iontophoresis, and/or traction may be received along with the tools for prevention. As you improve, your exercise program will be progressed to fit your needs for coordination, balance, endurance, and strength training. You can expect your rehab experience to be unique and allow you to meet your individual goals. We work with all goals and expectations to achieve optimal outcomes while promoting a safe and comfortable environment.

We are able to assist you with transitioning from exercise for rehabilitation to exercise for health maintenance, cardiovascular improvement, return to work and enhanced athletic performance.

Call Today to Schedule Your Appointment with:

Eastside Physical Therapy
 15600 Redmond Way • Suite 300 • Redmond, WA 98052
For appointments: 425-883-9089
www.retptgroup.com/eastside

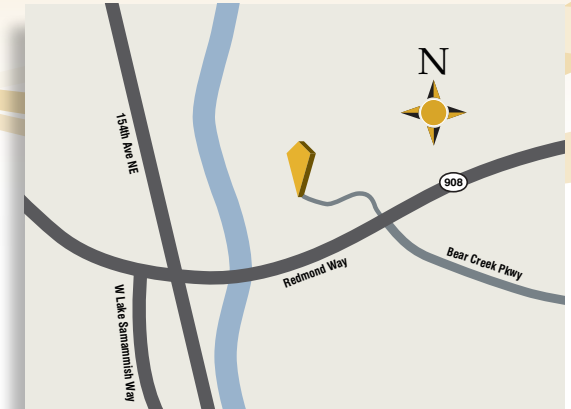
Tear Off

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Bellevue.....	425.454.1405
Mercer Island.....	206.232.9045
Lake Sammamish / Issaquah	425.391.5504
North Bend.....	425.888.1156
Totem Lake.....	425.823.8631
Eastside / Redmond.....	425.883.9089
Summit / Puyallup	253.445.4258
Meridian / Puyallup.....	253.841.3041
South Hill / Puyallup	253.840.8051
Smokey Point Reaction	360.658.8400
Lake Stevens Reaction.....	425.377.1290
Palm Desert, CA	760.345.6852

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