



TOTEM LAKE PHYSICAL THERAPY

RET Physical Therapy Group

Specializing In:

- Ankle Injuries
- Shoulder Injuries
- Athletic Rehabilitation
- Back Care Education
- Balance Training
- Biomechanical Evaluation
- DDD/DJD
- Fibromyalgia
- Frozen Shoulder
- Gait Training
- Hand Therapy
- Headaches
- Hip Rehabilitation
- Low Back Pain
- Knee Pain/Injuries
- Massage Therapy
- Myofascial Pain Syndrome
- Neck Pain
- Pool/Aquatic Therapy
(Performed at our Mercer Island Pool)
- Posture and Body Mechanics Training
- Post Operative Surgical Rehabilitation
- Repetitive Stress Injuries (RSI's)
- Scoliosis
- SI Dysfunction
- Spinal Rehabilitation
- Sports Therapy
- Sprains and Strains
- Stress Fractures
- Tennis/Golfers Elbow
- Vestibular Dysfunction Therapy
- Whiplash

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

Welcome to Totem Lake Physical Therapy, located just north of Evergreen Hospital in Kirkland. Overall patient health and satisfaction are our top priority. We understand your need to return to work, sports, recreational activities and/or daily activities unrestricted and without pain. Our treatment philosophy is a “hands on” approach with an emphasis on patient education and understanding of his or her condition. We will provide you with the highest level of rehabilitation care possible with our primary goal being to return you to your lifestyle as quickly and safely as possible. The goal with every patient is to return him or her to full functional capabilities and to continue a home program of exercise and a “**think before you do**” attitude.



Call Today to Schedule Your Appointment with:

Totem Lake Physical Therapy

13127 121st Way NE • Suite F • Kirkland, WA 98034

For appointments: 425-823-8631

www.retptgroup.com/totemlake

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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

