

Your Health

Mid-life brings change... some welcome, some not. We certainly become wiser, more aware and hopefully more focused on life's adventures. But our bodies also face some unsettling challenges. Somehow we're not standing up as straight. We're a little thicker around the middle. We don't have the muscle strength we used to. Our balance is shakier. We occasionally have leakage with a cough, sneeze, laughter or stress.

Northside Physical Therapy can help. Your health is our priority. No more, "I gotta go!" Instead you'll say, "I'm in the know!"



Your Control

Our therapists are specially trained to assess and treat the most sensitive, sometimes embarrassing, sometimes painful issues.

Our team of four women provides a safe, private and compassionate environment in which to learn, practice and heal. We provide effective, non-invasive solutions to many of the physical problems encountered in mid-life. We provide individually tailored programs of physical therapy, behavior and habit changes. It's a multi-faceted approach to deal with your specific issues.

We treat many conditions, including:

- Bladder & Bowel Dysfunction
- Low Back & Sacroiliac Pain
- Post Operative Abdominal & Trunk Weakness
- Pre & Post Natal Challenges
- Posture & Alignment
- Balance Disorders

Your Freedom

Let us teach you how to control your own body. Let us lead you toward freedom.

No more, "I gotta go!"
Now you'll say, "I'm in control!"



"The Best!"

*"Kind, compassionate,
actually fun..."*

*"I didn't have to be
embarrassed. They knew
just how to help me."*

*"Call for an appointment today. Don't
wait. The relief is worth it."*

509-325-6776

The Physical Therapists at Northside Physical Therapy analyze and solve problems. They lead and guide patients toward recovery. Surveys show exceptional patient satisfaction. One patient says, "The therapists provided such thorough, gentle, expert care, I actually felt sad when I'd recovered. I'd miss such a friendly atmosphere."



Owner-Therapist, Debbie Peterson and her team have treated Olympic Skiers and weekend athletes, workers injured on the job and kids with sprains. They teach seniors how to lower their risk for pain and falls.

The four therapists have all taught in the Physical Therapy Program at Eastern Washington University and mentor P.T. Interns. They're outdoor enthusiasts, exemplifying the need to get and stay active at all ages. "It's fulfilling to aid people in becoming pain free to get back into life's action."

Bladder control, backache, post-pregnancy care, "an old knee injury"; this team handles any trial. Patients say you'll receive the best care at Northside Physical Therapy.



Debbie Peterson, PT & Owner
Jane Baker, PT
Susan Gray, PT, ATC
Megan Roland, PT

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Gotta Go?!



Gain
Control!

Northside Physical
Therapy
&
Sports Rehabilitation
Center