

## medical profiles



### Northside Physical Therapy and Sports Rehabilitation

6821 N Country Homes Blvd.  
Suite 102 | Spokane, WA 99208  
(509) 325-6776 | [www.phys-therapy.com](http://www.phys-therapy.com)

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**“W** E LOVE TO ANALYZE AND SOLVE PROBLEMS TO help guide our client’s recovery,” says Debbie Peterson, Doctor of Physical Therapy and owner of Northside Physical Therapy & Sports Rehabilitation Center. The other three therapists in her office are just as passionate about providing patient care.

“We see a variety of patient problems, and get referrals from a broad range of physicians, health care providers, and especially former patients,” Debbie says. They have treated Olympic Skiers and weekend athletes, workers injured on the job and kids with sprains. “We treat many seniors too, teaching them how to lower their risk for pain and falls,” she says.

The therapists have taught at Eastern Washington University’s Physical Therapy Program and mentor physical therapy Interns. They’re all 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,” says physical therapist Jane Baker.

“Teaching patients about their injuries, current research findings, and how to take control of their own care is fun and rewarding,” says physical therapist Megan Roland.

Fellow physical therapist Susan Gray suffered a stroke six years ago, and her personal journey enables her to approach physical therapy from a patient’s perspective. She’s an inspiration to her patients. “We personalize treatment for each individual,” says Susan.

Whether it’s a backache, incontinence, post-pregnancy care or an old knee injury, this team handles any trial. With more than 90 years of collective experience, patients say you’ll receive the best care at Northside Physical Therapy.