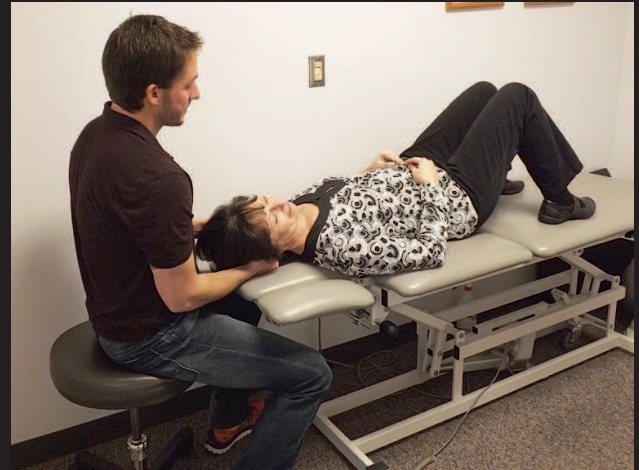


Blue Mountain Hospital

Physical Therapy Department

"Let us help you to restore your mobility."



Physical Therapists are movement specialists and experts in musculoskeletal dysfunctions. A thorough assessment, and evaluation of other contributing factors, assists the therapists in determining a treatment plan. This allows our therapists to formulate individualized rehab for each patient in order to treat acute and chronic orthopedic conditions with a wide array of manual techniques to reduce pain, improve range of motion and thereby return the patient to optimal levels of function. The appropriate use of manual therapy techniques, a properly dosed intervention program, and teamwork by the providers can assist our patients to get their life in motion. Physical therapy is here to assist you in your return to employment, hobbies and enjoying life to the fullest.

Common Diagnoses And Impairments We Treat

- Spinal Dysfunctions (Stiffness, Pain, Instability, Muscle Weakness)
- Pre & Post Partum Musculoskeletal Problems
- Gait Abnormalities (Difficulty Walking)
- SIJ (Sacroiliac Joint) Pain
- Chronic Pain
- Musculoskeletal Pain
- Sprains/Strains
- Dislocations
- Neurological Rehab. - Stroke
- Head/Brain Injury
- Vestibular Rehab And Balance
- Arthritis
- Joint Replacements
- Headaches
- Thoracic Outlet Syndrome (Arm And/Or Hand Numbness)
- Edema (Swelling)
- TMJ
- Lymphedema
- Pre And Post-Surgical Rehab
- Patellar Femoral Syndrome (Knee Pain)
- Plantar Fasciitis
- Shoulder Impingement Syndrome
- Ankle, Knee, Hip, Shoulder, Etc...
- Instability
- Orthopedic Injuries
- Diabetes
- Whiplash
- Carpal Tunnel
- Fibromyalgia
- Sports Injuries For All Ages
- Sport Specific Rehab

Who can use physical therapy services?

Contact our friendly office staff to discuss your individual needs, options and how physical and occupational therapy may be able to assist you. We have therapists who specialize in orthopedics, sports, spine, extremity and joint pain, geriatrics, pediatrics, acupuncture, and many other areas. Oregon is a direct access state, which means that your insurance company may not require a physician's prescription for your therapy to be covered. Your primary care provider or specialist may also refer you to therapy.

Let's talk!

Contact the PT Department at 541-575-4157 or send an email to pt@bluemountainhospital.org.

