

# About North Lake

North Lake Physical Therapy opened our first clinic located in Lake Oswego, Oregon in 1987. Since that time we have grown with continued focus on our patients and their individual needs. In 2014, North Lake Physical Therapy now has 11 convenient locations in the Portland metro area.

North Lake Physical therapy is a therapist-owned practice. Our patients see a licensed physical therapist every visit to ensure appropriate progression and supervision in order to achieve the best possible outcomes.

Our physical therapists have excellent educational credentials and we place an emphasis on continued education for all our staff. This is coupled with years of experience treating patients of all ages and varied physical abilities and backgrounds. We work with athletes of all levels — from the professional to the weekend warrior. We also work with many sports teams, schools and organizations throughout the community.

Our entire staff works as a team to support and assist our patients with all aspects of the physical therapy process. It is our sincere goal to make every aspect of your physical therapy a very positive experience.



## **NORTH LAKE** Physical Therapy and Rehabilitation

### **CANBY**

365 South Redwood St  
Canby, OR 97013  
**Ph: 503.651.2020**  
Fax: 503.651.2019

### **CLACKAMAS**

9100 SE Sunnyside Rd  
Clackamas, OR 97015  
**Ph: 503.305.6129**  
Fax: 503.305.5950

### **LAKE OSWEGO**

101 S. State St, Suite 2400  
Lake Oswego, OR 97034  
**Ph: 503.636.3028**  
Fax: 503.636.1837

### **MILWAUKIE**

4606 SE Boardman  
Milwaukie, OR 97267  
**Ph: 503.353.9776**  
Fax: 503.353.9777

### **OREGON CITY**

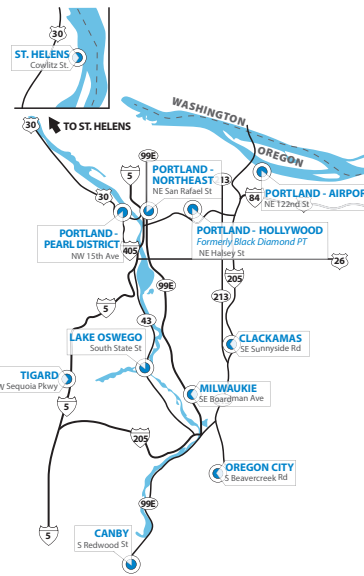
1715 S Beaver Creek Road  
Oregon City, OR 97045  
**Ph: 503.657.8553**  
Fax: 503.557.0490

### **PORTLAND - AIRPORT**

5847 NE 122nd St, Suite 101  
Portland, OR 97230  
**Ph: 503.252.2556**  
Fax: 503.252.2584

### **PORTLAND - HOLLYWOOD** *Formerly Black Diamond PT*

4224 NE Halsey St, Suite 340  
Portland, OR 97213  
**Ph: 503.288.4643**  
Fax: 503.208.7016



### **PORTLAND - NORTHEAST**

332 NE San Rafael Street  
Portland, OR 97213  
**Ph: 503.288.2615**  
Fax: 503.288.0339

### **PORTLAND - PEARL DISTRICT**

1622 NW 15th Ave.  
Portland, OR 97209  
**Ph: 503.222.4640**  
Fax: 503.222.2730

### **ST. HELENS**

021 Cowlitz St  
St. Helens, OR 97051  
**Ph: 503.396.5410**  
Fax: 503.396.5411

### **TIGARD**

15755 SW Sequoia Pkwy.,  
Suite 101  
Tigard, OR 97224  
**Ph: 503.639.8284**  
Fax: 503.624.7216



**For more information, visit**

**[www.northlakept.com](http://www.northlakept.com)**

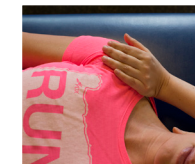
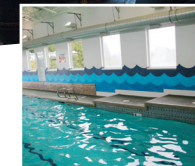
**For scheduling please contact the individual clinic**

All services are available without distinction to all program participants regardless of race, color, national origin, handicap, age or sexual orientation.



## **NORTH LAKE** Physical Therapy and Rehabilitation

**[www.northlakept.com](http://www.northlakept.com)**



Reduce Pain

Regain Mobility

Improve Function

**Improve Your Quality of Life**

North Lake Physical Therapy & Rehabilitation clinics use progressive techniques and technologies to stay on the forefront in their field. Our staff is committed to providing patients with advanced healing techniques.



## Our Patient Care

*Includes a comprehensive evaluation by a licensed physical therapist, followed by treatments that are individually tailored programs with aggressive patient education. We work with our patients to create an understanding of their problems and the recognition that the best treatment plan rarely stops with the final clinical visit.*



## Insurance

*We are contracted with most major insurance companies and will bill the insurer directly. We also strive to meet the varying needs of our patients with flexible payment plans if that need arises. Our therapists are certified for direct access which allows us to treat without physician referral. This may not be covered by all insurance plans.*

[www.northlakept.com](http://www.northlakept.com)

### Step 1: Evaluation / Consultation

On your first visit to our clinic you will receive a full evaluation by a licensed physical therapist. This comprehensive visit will likely take 30-60 minutes and will identify your impairments (pain, muscle weakness, muscle tightness, deconditioning) that are affecting your overall function.

### Step 2: Setting Goals

Once the initial evaluation is complete, we will discuss the goals for your physical therapy treatment. We encourage our patients to take an active role in setting these goals. By doing so, we can ensure that we are working together to achieve the best possible outcomes.

### Step 3: Treatment

A specific treatment plan will consist of one on one patient to therapist interaction through the use of manual therapy techniques, localized modalities and supervised conditioning programs. In addition, individualized programs will be developed, educating you on how to do independent home exercise to further the progress of your therapy.

### Step 4: Education & Wellness

The primary goal is to teach you how to heal yourself and prevent future injury. You will be a part of the team and participate in the treatment course given. Wellness is the key to a future that is pain-free giving you the freedom of movement to live your life to its fullest.

## Conditions

- Orthopedic Care
- Sports Injuries
- Post-Operative Rehab
- Back Care
- Neck Care
- Industrial Medicine
- Return-To-Work
- Urinary Incontinence
- Women's Health
- Vestibular Rehab
- Neuro Rehab

## Services

- Manual Therapy
- Soft Tissue Mobilization
- Joint Mobilization
- Strength & Conditioning
- Modalities
- Iontophoresis
- Gait Training
- Aquatic Therapy
- McKenzie Certified PT's
- Running Evaluation
- Bike Fit
- Astym
- Hand Therapy