

## OUR THERAPISTS

### Andy Lodato, MPT, CMPT, c. MDT

Andy graduated from the University of Texas at El Paso in 2000. His professional interests include sport & spine rehabilitation, gait / movement analysis and custom orthotics. He is certified in manual therapy from NAIOMT. He is also certified in mechanical diagnosis and therapy of the spine from the McKenzie Institute International. In his spare time, Andy enjoys playing golf, softball and flag football.

### Mary Beth Ackerman, PT

Mary Beth graduated from the University of Montana in 1997. Her professional interests include sport & spine rehabilitation, gait / movement analysis, custom orthotics and women's health. She is a certified pre- and post-natal exercise specialist. In her spare time, Mary Beth enjoys teaching scuba diving classes, volunteering at the Seattle Aquarium and attending Mariners games.

### Bret Swigard MPT, OCS, CMPT, c. MDT

Bret graduated from Eastern Washington University in 1999. His professional interests include sport & spine rehabilitation, gait / movement analysis and custom orthotics. Bret is board certified in orthopedics from the APTA. He is a certified manual therapist from NAIOMT. Bret also holds a certification in mechanical diagnosis and therapy of the spine from the McKenzie Institute International. Bret is a consulting therapist for the International School of Classical Ballet. In his spare time, Bret enjoys playing soccer, spending time with his wife and children and attending Seahawks games.

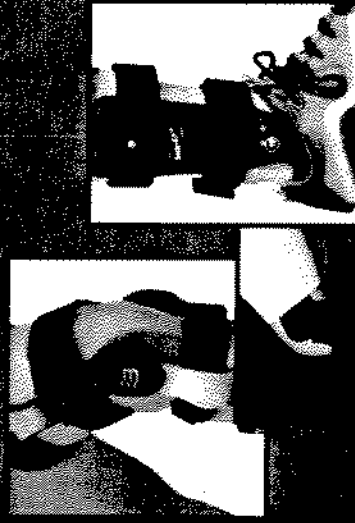
### Kendra Liere, DPT

Kendra earned her Doctor of Physical Therapy degree from the University of Southern California in 2003. Her professional interests include Performing Arts Rehabilitation, Pilates, and Sport & Spine Rehabilitation. Her treatments focus on providing patient education for improved postural and body awareness to maintain a healthy lifestyle and prevent future injury. In her spare time, Kendra also enjoys taking dance classes, traveling, exploring the outdoors, scuba diving, and snowboarding.

### Ho Chin An, MPT

HoChin graduated from Eastern Washington University in 2001. His professional interests include sport & spine and vestibular rehabilitation. He puts great emphasis on patient education and movement retraining. He is fluent in Korean and in his spare time, he enjoys playing softball, tennis, and golf.

# PHYSIOCARE



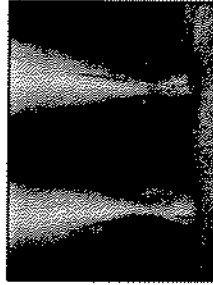
## Orthotics AND Bracing For Knees AND Ankles

# PHYSIOCARE

17644 140th Ave NE  
Woodinville, WA 98072  
Phone: 425-402-9772  
Fax: 425-402-9443  
[www.physiocarept.com](http://www.physiocarept.com)

## GAIT ANALYSIS AND CUSTOM ORTHOTICS

PhysioCare specializes in biomechanics, gait analysis and custom orthotics. These custom made shoe insoles are created specifically for your foot to correct abnormal or excessive movements and pressures. Orthotics are effective tools in reducing pain, facilitating optimal movement patterns, and creating symmetry in your body. Foot, ankle, knee, hip and back pain sufferers often benefit from a custom made orthotic device. Orthotics are not just used by athletes to reduce repetitive stresses and optimize performance, they are used by everyday people to reduce pain and improve comfort.



### Goniometric Measurements

To the left, lines have been drawn on the patient to measure positioning of the foot in relaxed stance.



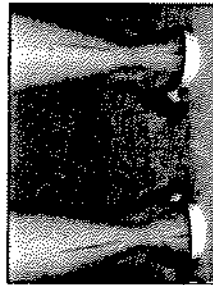
### Biomechanical Evaluation

An assessment is performed. We examine the phases of gait and your movement pattern to understand the relationship of foot function to the rest of the body.



### Casting

Casting is performed in a non-weight bearing neutral position to capture your specific architecture. The casts are sent to a lab where the orthotics will be fabricated.



### Standing on Orthotics

When standing on the orthotics, the correction of position should be obvious.

## KNEE AND ANKLE BRACING

PhysioCare is always trying to improve the quality and convenience of your rehabilitation. PhysioCare is pleased to have expanded our services to include bracing of the lower extremity in order to:

- **Save you time.** Eliminate the need to travel to a bracing company. Get your brace evaluation, fitting and adjustments while you are in the clinic for therapy.
- **Confirm you have the right type of brace.** We make sure to select the correct brace for your application. We discuss the goals of bracing with you and your doctor and facilitate ordering the right product for your needs. We are also credentialed with most major insurance companies.
- **Improve the fit and function of the brace.** Having your brace distributed at PhysioCare allows your physical therapist to assess the effectiveness of the brace when exercising and performing your sport or activity. It also allows us to make sure comfort is maintained throughout the activity and that the brace continues to do its job as you get stronger and return to normal life.

- **Confirm that you are correctly using and rehabilitating in the brace.** By using your brace early in rehabilitation, we ensure that your body is working and strengthening in concert with the brace. We make sure you are comfortable using and maintaining the brace.

### PHYSIOCARE ALSO OFFERS:

- Orthopedic Rehab
- Post Surgical Rehab
- Women's Health Treatments
- Sport Injury Rehab
- Performing Arts Rehab
- Performance Enhancement (Cash Pay Only)
- Chronic Pain Rehab

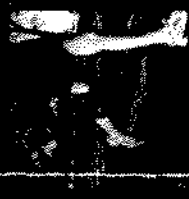
## KNEE LIGAMENT BRACES

Partial and complete knee ligament tears result in instability, pain and accelerated degeneration. Post operative repairs must be protected to allow healing without further trauma. Proper bracing can protect the joint and get you back to normal function faster and safer than without a brace. PhysioCare can help you attain either a custom or over the counter knee brace that will comfortably stabilize your knee joint and allow you to get back to your normal active life.



## KNEE ARTHRITIS BRACES

In some individuals, the cartilage on one side of the knee breaks down/ degenerates faster than the other. For example, an individual who has "bow legs" puts greater force on the inside of the knee rather than the outside of the knee. Over time, the inside compartment of the knee breaks down and causes arthritis pain. Knee Arthritis Braces can take weight off of the inside of the knee and distribute it on the brace and outside compartment of the knee thus reducing pressure, pain and further degeneration. It is often a fantastic alternative to surgery and PhysioCare can help you choose and fit into the right brace. We offer both custom and over-the-counter arthritis braces.



## ANKLE BRACES

Ankle sprains are one of the most common injuries treated at many PT clinics. Every year we witness season stopping ankle injuries that could have been prevented with a simple brace. Whether you have an unstable ankle due to prior sprains or you are trying to prevent another ankle sprain, we can help. PhysioCare offers over-the-counter and custom ankle braces that are specific to your activity. We can help you with brace selection and fitting, as well as develop a home exercise program to improve your ankle's strength, range of motion and function.

