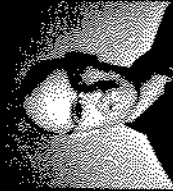


## OUR THERAPISTS

### 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.

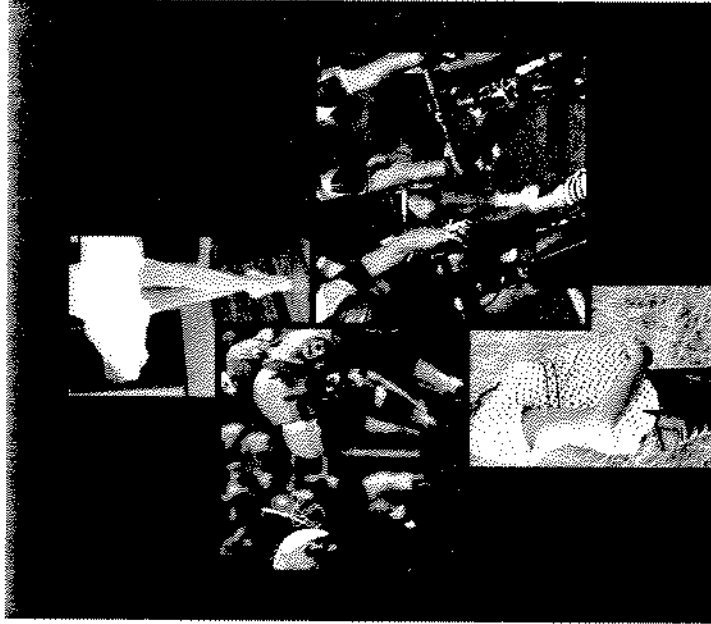


### Ho Chin An, MPT

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



- Sport & Spine Rehabilitation
- Women's Health ■ Orthotics
- Lower Extremity Bracing
- Performing Arts Rehabilitation



REHAB THE RIGHT WAY

# PHYSIOCARE

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

# WHAT DOES IT MEAN TO "REHAB THE RIGHT WAY"?



At PhysioCare, Rehab The Right Way means evidence-based care directed at restoring our patients back to optimal function. Our therapists use the most effective rehabilitation techniques backed by the latest physical therapy research. Our approach is hands on and geared towards returning patients to their active lives.

Each appointment at PhysioCare is a full hour and the entire time is spent with a physical therapist. This treatment style ensures that our patients will receive the best care possible.

Our clinic is open from 7AM to 7PM Monday thru Friday

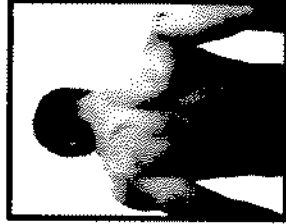
Give us a call today. Our friendly staff will be happy to schedule an appointment or answer any questions you have regarding insurance coverage & cash pay discounts.

## ORTHOPEDIC REHABILITATION

The experienced therapists at PhysioCare specialize in musculoskeletal rehabilitation. Whether you just had surgery, suffer from chronic pain or have an acute injury, we can help you restore your body for an active, pain free life.

## SPORT & SPINE REHABILITATION

We will identify factors which inhibit ideal posture/alignment and therefore prevent optimal sport and spine performance. We will focus on healing of specific tissues through manual techniques, movement/muscle retraining, education, and modalities as appropriate.



## WOMEN'S HEALTH

The Women's Health program at PhysioCare Physical Therapy includes a comprehensive musculoskeletal evaluation. Treatment is



individualized for women experiencing difficulties during and after pregnancy, pelvic pain, or urinary incontinence. Treatment can include,

but is not limited to, the use of biofeedback to help identify pelvic floor musculature, manual techniques to improve pelvic alignment, massage techniques, and education in a home exercise or treatment program. All sessions are held in private rooms. It is our job to make you feel as comfortable as possible while treating these difficult issues.

## PERFORMING ARTS REHABILITATION

You deserve the best care available with physical therapists who recognize the stress placed on the dancer's mind and body. With a specialized focus on performing arts rehabilitation, we understand dance technique, the rigors of training, and the unique need for extreme flexibility combined with stabilization. In short, we are your dance rehabilitation experts.

## 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.

## LOWER EXTREMITY 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, confirm you have the right type of brace, improve the fit and function, and confirm that you are correctly using and rehabilitating in the brace.

