

NORTH BEND PHYSICAL THERAPY

RET Physical Therapy Group

Specializing In:

- Athletic Rehabilitation
- Back Care Education
- Dynamic/Static Balance Training
- Biomechanical Evaluation
- Gait Training
- Manual Therapy
- Orthopedic Rehabilitation
- Outpatient Orthopedic Physical Therapy
- Posture and Body Mechanics Training
- Post Surgery Rehabilitation
- Spinal Rehabilitation
- Sports Therapy and Rehabilitation

Most insurance plans accepted, including Medicare and Medicaid. Please call for more information.



At North Bend Physical Therapy, individual therapy programs are created specifically for each patient. Our rehabilitation philosophy is to promote healing through a combination of exercise and manual therapy, as well as educate the patient in injury prevention, body mechanics and self-help techniques. We work with each individual patient to design a treatment program that fits their lifestyle, and with physicians to ensure that our patients have the best possible outcome. The ultimate goal is for you to return to normal activities of daily living, work, and participation in sports or recreational activities.

Our treatment approach first focuses on decreasing pain, edema and muscle guarding to improve joint motion. As you improve, your exercise program will be progressed to fit your needs for coordination, balance, endurance, and strength training. You can expect your rehab experience to be unique and allow you to meet your individual goals.

We are able to assist you with transitioning from exercise for rehabilitation to exercise for health maintenance, cardiovascular improvement, return to work and enhanced athletic performance.



Call Today to Schedule Your Appointment with:

North Bend Physical Therapy

400 Main Ave S. • North Bend, WA 98045

For appointments: 425-888-1156

www.retptgroup.com/northbend

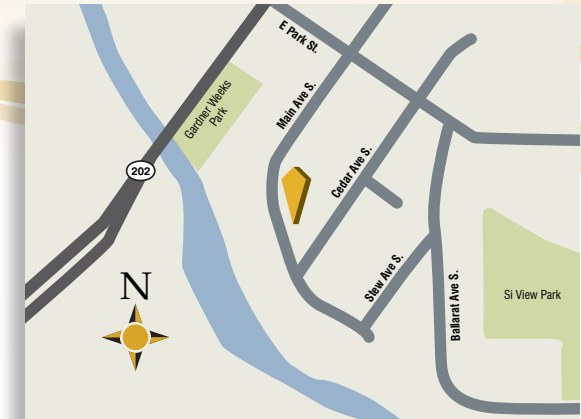
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Bellevue	425.454.1405
Mercer Island.....	206.232.9045
Lake Sammamish / Issaquah	425.391.5504
North Bend	425.888.1156
Totem Lake	425.823.8631
Eastside / Redmond	425.883.9089
Summit / Puyallup	253.445.4258
Meridian / Puyallup.....	253.841.3041
South Hill / Puyallup	253.840.8051
Smokey Point Reaction	360.658.8400
Lake Stevens Reaction.....	425.377.1290
Palm Desert, CA	760.345.6852

