



## Bumps and Bruises Program

### Changing Rehabilitation. Changing Lives.

Too often an athlete's season or training is hindered by injury. Ensuring the injury is appropriately assessed has become a key step in the road to recovery. At Therapeutic Associates Evergreen Physical Therapy, our Bumps and Bruises program can help direct you to the proper treatment for your injury, with the goal of a safe and quick return to sport.

#### Program Components:

- Courtesy screens available
- Assessment of injury - Severity and structures involved
- Report of findings and recommendations for return to sport
- Recommendations for treatment of injury

Your injury screen will be performed by a licensed physical therapist. Please contact our clinic for additional details. Appointment required, please call to schedule your injury screen.

#### About Evergreen Physical Therapy

Evergreen Physical Therapy is a locally owned and operated clinic that provides quality rehabilitative care services to the Spokane Valley community. Our staff of 3 highly-trained physical therapists, combined with a state-of-the-art facility, enable us to effectively treat patients of all ages and types, ranging from infants to the elderly, from athletes to chronic pain cases.

#### Physical Therapy Direct

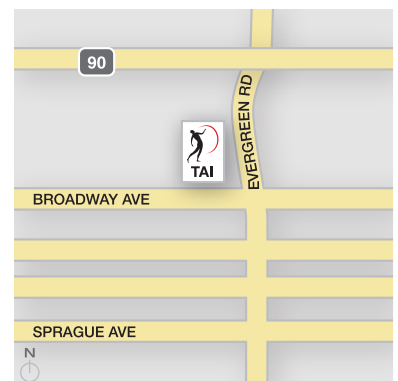
WA state laws provide direct access to licensed physical therapists without a physician's referral or prescription. That means that as a consumer of healthcare, you may seek medical treatment for your musculoskeletal issues directly from the physical therapist of your choosing. At Evergreen Physical Therapy, we are preferred providers with most insurance health plans, and will verify your physical therapy benefits prior to your first visit.

#### *Courtesy Screens Available.*

*Call Evergreen Physical Therapy to schedule your appointment*

#### Evergreen Physical Therapy

1005 N. Evergreen Rd. Suite 010  
Spokane Valley, WA 99216  
509-926-5367  
509-928-5508 Fax



Clinic hours accommodate school and work schedules: 6 AM to 6 PM.