

Who we are...

Peak Sports and Spine Physical Therapy is a group of privately owned outpatient physical therapy clinics. We specialize in quality orthopedic, spine and sports related services to the people who live, work and play in the same communities we do.

We value the "Science" as well as the "Art" of our profession. We are committed to delivering the highest quality care in the most efficient, cost effective, and compassionate manner possible.

Our goal at Peak Sports and Spine Physical Therapy is to help restore you to the highest level of function possible.

Locations...

BELLEVUE

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ISSAQUAH

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CLE ELUM

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Cle Elum, WA 98922
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RENTON HIGHLANDS

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Jason Avakian, MSPT, OCS, CMPT
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FACTORIA

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SNOQUALMIE

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LAKE CITY

Lori Predmore, PT
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CENTRAL BILLING OFFICE

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www.peaksportsandspinept.com

*"Serving the
Communities
in which
we live!"*



Peak Sports & Spine

Our Philosophy of Care...

Peak Sports and Spine Physical Therapy believes strongly in our **"Three Pillars of Care"**:

Manual Therapy

Patient Education

Corrective Exercise

We provide expert care in an ethical, caring and cost effective environment. We value the importance of individual treatment plans and the consistency of care from seeing the same provider each visit. Our therapists work closely with you and your physician to develop a personal treatment plan focused on the specific needs of each individual. We Value the "Science" as well as the "Art" of our profession.



How we treat YOU...

We value the importance of individual treatment plans and the consistency of care garnered from seeing the same provider each visit. We recognize the importance of communication with primary care and specialist physicians, as well as others that may be involved in your care, including trainers, coaches, and family members.

At the first appointment your physical therapist will perform a detailed hands-on evaluation, taking a complete history, including, utilizing tests and measurements specific to your problem. Assessing your specific functional deficits while formulating a "Plan of Care" to plot your path to recovery. We will collaborate with referring physicians, coaches, and the individual. A specific treatment plan and exercise program will be established just for YOU, designed to meet YOUR goals.

Our Services...

We provide comprehensive orthopedic care as well as specialized services in the areas of:

- Comprehensive Manual Therapy
- Sports Conditioning
- Post Operative Surgical Rehabilitation
- Orthotic Fabrication
- Hand Therapy
- Golf and Throwing Rehabilitation
- Augmented Soft Tissue Mobilization (ASTM®)
- Pregnancy Related Dysfunction
- Incontinence, Pelvic Pain (Male/Female)
- Feldenkrais Therapy
- Vestibular/Balance Training

Personal Services...

- Massage
- Sports Enhancement Training
- Personal Training/Conditioning
- Team Assessment/Training
- Trainer/Coach Collaboration
- Throwing Mechanics
- Golf Swing Mechanics