

MDT Monthly

9700 SW Capitol Hwy, Suite 140 • Portland, OR 97219 Phone: (503) 244-6232 • Fax: (503) 296-2305

MD & T: It's what we stand for!

M: mechanical, pain caused by problems in the structure or movement of the body.

D: Diagnosis, the most important component. Our systematic series of test allows for concrete diagnosis that is **NEVER** based on guesses or assumptions.

&

T: Therapy, that is customized for each patient and is justified to have a clear effect on your pain.

Not just specialized in back pain

We have occupational therapy too!

Natasha Rinard, OT is here for you in all your fine motor needs.

We offer a wide range of options and treatments for:

- Carpal tunnel syndrome
- Work related injuries
- Impairments due to brain function
- Custom splinting needs
- Pre-surgical consults
- Post surgical rehabilitation

*If you have found it difficult to hold your children,
hang on to your coffee cup in the morning, or even
been hindered in your profession due to wrist pain...*

We are here to help.

Getting support

1. Do you notice an increase in pain with long periods of sitting?
2. After a few hours at your desk, do you begin to lean towards your computer?
3. Do you avoid long distant car rides?
4. Have you wasted time and money on the latest "ergonomic" desk chair?

If you said yes to any of the four questions above, receive \$5.00 off our Mekenzie designed lumbar roll.

Visit us today to be fitted with all the support you need!

THE SWEET SOUND OF *relief*

The great part about this is it works, and it works better than most or all other types of treatment. Even though I had others with good effect, I could only reach a certain plateau with not much further progress.

I can now do more LIFTING, BENDING, STRETCHING without problems.

The numbness in my feet has decreased GREATLY and I now have something I CAN DO about the leg spasms (which are much less often).

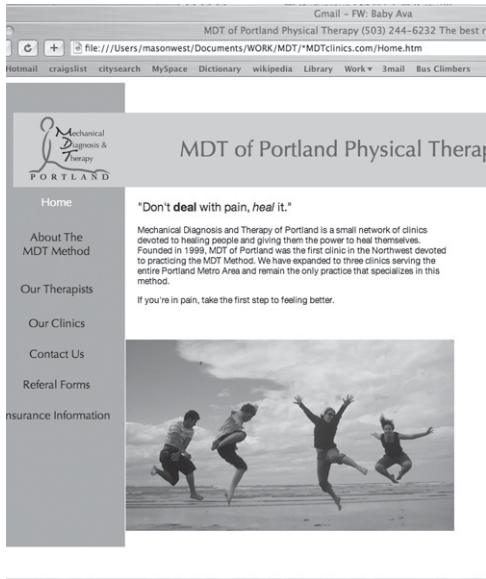
The BIGGEST thing is I can now exercise which I haven't been able to do for months.

I BELIEVE I can make progress, which I haven't had much hope of for sometime now.

RK

READ MORE ONLINE AT:
MDTPORTLAND.BLOGSPOT.COM

MDT of Portland P.C.
9700 SW Capitol Hwy Suite 140
Portland, OR 97219



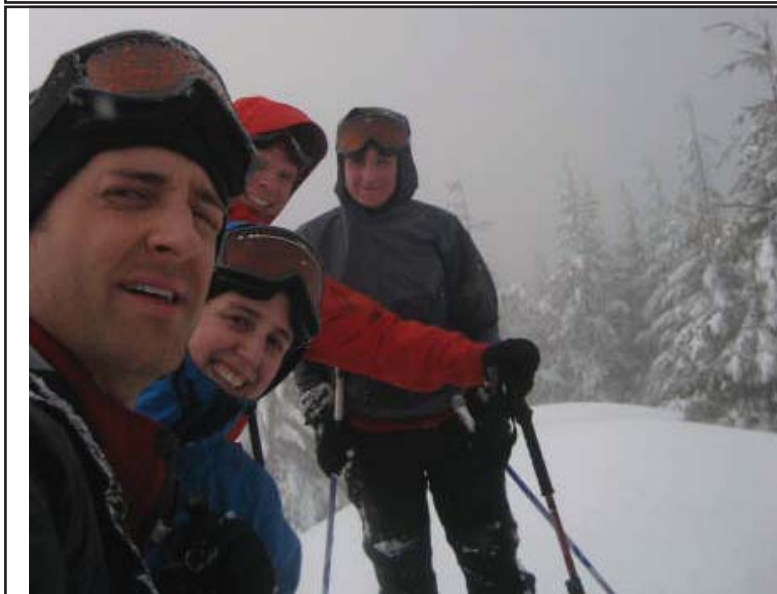
www.MDTclinics.com

MDTportland.blogspot.com

Two great places to keep in touch with MDT of Portland on the Web. Check both for news and testimonials - or submit your own!

Register Online to receive this newsletter by e-mail.

Multorpor Summit: MDT retreat



**FREE CONSULT
COUPON**

MENTION THIS COUPON AND
SCHEDULE A FREE SCREENING TODAY

(503) 244-6232

In just 5-10 minutes, MDT can determine if your pain is mechanical or not. If so, we can help get you out of pain and back to enjoying your life.