

MDT Monthly

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

Summer Fun at MDT of Portland

We always love interacting with our patients, so we'd love to know what you thought of our ad on OPB?

We've been trying to help more people by telling them about MDT of Portland. If you have any suggestions, please contact

cbinder@MDTclinics.com.

One fun thing we're doing to try and raise awareness is have Nick ride in Cycle Oregon this year. If you or any friends are doing the race, give us a call and you can ride with your own PT. Find out about his training at MDTportland.blogspot.com

-Natasha Rinard

MDT EMPLOYEES GROWING UP, MOVING ON

It's been a few months since our last newsletter, and many changes are underway.

We're very proud of the three MDT employees who have recently graduated college.

Our aide Emily Frey graduated from Portland State University with a Bachelors in Sociology. She will start a OT program at Pacific University in the fall.

Caryn Binder, our Vice President of Public Relations, finished her MBA in Marketing at the University of Portland.

Theresa Nera, another MDT aide, also graduated from University of Portland and is now a board-certified nurse.

Just as these employees finish school, more prepare to begin new educations.

Our SW office receptionist Elaine Nera is leaving to follow in her sister's footsteps with an education in Nursing.

Leigh Reece, Adam Paris and Shelly Piers-VanderPloeg are all beginning PT programs this fall. We wish them all the best of luck.

With these departures, we welcome our



(above) Newcomer Katie Noles (left) with aides Theresa Nera (center) and Leigh Reece (right). (left) The ever-fashionable Caryn Binder looks even more fabulous with her new MBA.

newest member: Katie Noles will be joining us later in the summer as an aide. She has a degree in Exercise and Sports Science from Pacific University and is applying to PT school in the fall.



PLAN FOR A PICNIC

MDT of Portland is planning a huge picnic party this Fall to show our appreciation for all the people that have helped keep us a thriving practice.

We've reserved a beautiful space in Portland's South Park Blocks between Salmon and Park streets, so it should be lots of fun.

The picnic will be Sunday, September 23 from 1-4 pm. Please tell your doctors, family and friends that they are all welcome.

To RSVP, call 503.244.6232. Keep checking www.MDTclinics.com for updates.

THE SWEET SOUND OF relief

“Initially I didn't know what to do to try to improve my situation. After meeting with Amanda I was given the instruction and tools to relieve some of the pain and have hope for improvement. Several weeks later I have improved SIGNIFICANTLY :) and thanks to Amanda & Nick I understand what steps I can take to get stronger and stay strong in the future. The things I have learned & been shown have guided me to better health & made me aware of better body mechanics. Thank you!

- Midori G

I've gone from extreme pain to rare pain. I'm doing stabilization exercises that give me confidence for the future. And, oh, by the way, I can sit! When I first came in, the only comfortable position was standing. I'm almost back to normal, aware that healing my disc will take a bit longer, and prepared for the future of a stronger core and what to do at the first sign of a twinge of a problem. I'm ready to Live Happily Ever After!!

- Pamela H.

After 8 years of very painful headaches, Shawn and Amanda have shown me how to control and even get rid of the pain totally. This is great.

- Rebekah H.

I came in with back pain, and right leg numbness from my hip to my heel. The numbness has decreased to my gluteal fold, my strength has increased, my energy is increased and my overall physical ability has improved. I am very happy with my results, and am looking forward to getting back to a normal exercise routine after almost three years of daily pain.

- Terri N.

I am so happy I was referred here. I haven't had this much relief in two years. The staff was great - very helpful. I would recommend Mechanical Diagnosis to anyone with neck problems. I came in on my first appointment with a lot of pain and with the techniques they have taught me, I am pain free. Thank you so much!

- Ronda R.

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MDT of Portland P.C.
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Musculoskeletal Diagnosis & Treatment of the Cervical Spine

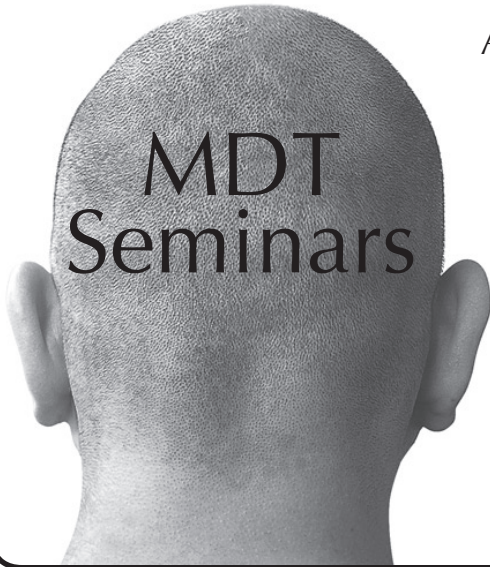
A course for Physical Therapists led by **Paula van Wijmen**
and assisted by **Nick Rinard**

October 12, 13, 14

We are looking for patients for class demonstrations.
All volunteers will be treated free of charge.

To volunteer, call us at 503.244.6232

www.MDTclinics.com/seminars



why **DEAL**
when you could

Heal

SCHEDULE A FREE SCREENING TODAY
(503) 244-6232

If you're in any pain or discomfort, please schedule a free screening at one of our three clinics. In just 5-10 minutes, a certified therapist will determine if MDT can help get you out of pain and back in your life.