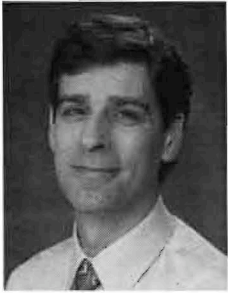


West Seattle Rehabilitation Services



David Esquinasi, PT



Elisabeth Tomere, PT

General Orthopedics

- Common sprains/strains of spine and extremities
- Overuse and repetitive strain injuries
- Chronic movement impairments due to muscle imbalance/dysfunction
- Conditions commonly treated:
 - Achilles tendinitis
 - Lumbar disc herniation
 - Sacral joint dysfunction
 - Cervical posture/strain

Women's Health

- Urinary incontinence for adults and seniors
 - Stress incontinence
 - Urge incontinence
 - Mixed incontinence
- Pre/post-partum conditions
 - Thoracic and lumbosacral pain
 - Thoracic and lumbosacral malalignment
 - Postural/positioning problems
 - Pelvic-floor muscle recovery
- Pelvic-pain disorders
- Pelvic-floor disorders
 - Vaginismus
 - Levator ani syndrome
 - Puborectalis muscle dysfunction
 - Coccydynia

Men's Health

- Urinary/fecal incontinence
 - Prostatectomy-related issues
- Pelvic floor-related dysfunction
- Levator ani syndrome

Ergonomics

- Workstation analysis
- Recommendations to patients and staff
 - Office workstation setup
 - Guidelines for safe lifting/transfers
 - Guidelines for placement of materials

Headache Treatment

- Muscle tension headaches
- Migraine headaches
 - Soft-tissue joint mobilization
 - Relaxation
 - Specific exercise techniques
 - General education

Sports/Performance Injuries

- Injuries to spine and extremities
 - Competitive sports
 - Performing arts participation
- Iliotibial band fasciitis
- Hip hypermobilities
- Hamstring tears

Postoperative Care

- Following surgery to spine and extremities
 - Microdiscectomies
 - Joint replacement
 - Rotator cuff repair
 - ACL reconstruction

Methods Used

- Diagnosis of musculoskeletal impairment and disability
 - Manual therapies
 - Complete postural analysis
 - Specific exercise programs
 - Biofeedback (S-EMG)
 - Home programs



OUTPATIENT REHABILITATION SERVICES

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