

Healing Bridge



PHYSICAL THERAPY

Cross the Bridge to Better Health & Wellness

"Medicine is not only a science, but also the art of letting our own individuality interact with the individuality of the patient."

- Albert Schweitzer -



Even before getting my physical therapy education, I had been introduced to a wide variety of complimentary medicines, which intrigued me.

After getting my PT license I had a strong desire to create a holistic physical therapy clinic which would provide an atmosphere of healing above and beyond the techniques I had learned. Healing Bridge Physical Therapy became a reality in 1998.

Growing the clinic with a mind-body-soul approach has provided endless opportunities for personal growth and joy. I also love being surrounded by other physical therapists who have developed their skills around their own passions. We work as a team to help each patient find the best "bridge" for his or her personal journey from pain to wellness.

Allison Suran Founder

BS, PT, GCFP

Getting to know you is my first priority

My goal is to honor your individuality and recognize that your problems are unique to you. Understanding who you are, I can customize leading-edge treatments to teach you about your body. By learning how your body and mind are connected, you can use your whole self for a more complete and permanent recovery.

A passion for the profession

I have always had a passion for physical therapy. I often tell people I don't know whether physical therapy was made for me, or I was made for the profession, because I love everything about it. I enjoy taking educational courses to further my knowledge of healing techniques. My greatest interest continues to be in the **Feldenkrais Method**[®], and my additional training includes:

- Explain Pain: Practical Tools for Chronic Pain Treatment Based on the Latest Neuroscience Research.
- Continue extensive advanced training in The Feldenkrais Method.
- Currently enrolled in The Embodied Life Program 2007 - 2009
- The McKenzie Method for assessment of the spine (back and neck) and joints
- Craniosacral Therapy, Myofascial and Positional Release Techniques, extensive training in chronic pain conditions
- Medical Screening to Treat Patients without a Physician's Referral

Other Continuing Education includes:

- 2008 Explain Pain, Neuro Orthopedic Institute
Advanced Feldenkrais Trainings
- 2007 Advanced Feldenkrais Trainings
Functional rehab of the Cervical and Lumbosacral Spine
The Running Course
- 2006 Manually Managing Pain: Simple Contact for Neural Tension
Pain Physiology, PT and pain management
Advanced Feldenkrais Trainings

541.318.7041
FAX 541.388.3711

404 NE Penn, Bend, OR 97701
www.HealingBridge.com
pt@healingbridge.com

Healing
Bridge



PHYSICAL
THERAPY

*Cross the Bridge to Better
Health & Wellness*

2005-1996	Advanced Feldenkrais Trainings
2004,2002, 1998	Medical Screening for the PT
2003	Mckenzie Part A: Lumbar spine
2002	Visceral Manipulation IA
2001-1999	Art of spiritual direction training
2000	Orthobionomy I
1996-1992	Feldenkrais Training
1991-1990	Craniosacral Therapy I and II

Bachelor of Science: Physical Therapy, Univ. of Puget Sound, Tacoma WA, 1987

Guild Certified Feldenkrais® Practitioner: Movement Studies Institute, Oregon Professional Training Program 1996

Certified Spiritual Director: Sacred Art of Living Center, Bend, OR

Memberships: American Physical Therapy Assc., Oregon Physical Therapy Assc., International Feldenkrais® Assc., International Assc. of Healthcare Practitioners, Spiritual Directors International, Bend Chamber of Commerce, current member and past board member (2003-2005) Network of Entrepreneurial Women, current member and past president of Highnooner Toastmaster Club in Bend.

I was born and raised in Portland, Oregon. When not working, I enjoy spending time with my husband and two children. I also enjoy staying active in the beautiful Central Oregon outdoors.

541.318.7041

FAX 541.388.3711

404 NE Penn, Bend, OR 97701

www.HealingBridge.com

pt@healingbridge.com