

# Healing Bridge



## PHYSICAL THERAPY

*Cross the Bridge to Better  
Health & Wellness*

*"Contentment  
is not the fulfillment  
of what you want,  
but the realization  
of how much you  
already have."*



*As I was growing up, my  
mother, who was an R.N.,  
influenced my interest  
towards working in the  
healthcare field.*

*I have always enjoyed  
exercise and various  
sporting activities, which  
directed me towards  
physical therapy.*

*I appreciate the  
opportunity to help people  
with their recovery from  
injury and guide them  
back to an active and  
functional lifestyle.*

## Annette Cyr BA, PTA

### *Specializing in Hands-on-Healing*

My goal is to offer comprehensive treatment programs including a hands-on approach, therapeutic exercises on land and in the aquatic environment, and patient education.

I believe in working with each individual patient one-on-one to achieve desirable outcomes and obtain patient goals.

I have been with the Healing Bridge Team since 2000 and have over 14 years of experience in the PT field. I have the opportunity to work with Physical Therapists that specialize in a variety of therapeutic approaches. This allows me to combine techniques to facilitate healing geared towards the varying needs of each individual.

I enjoy interacting with our patients and helping to create a positive physical therapy experience that is productive, effective and enjoyable. I especially enjoy watching patients progress towards optimal health.

My greatest interest is patient education and exercise. My additional training includes:

- Functional Closed Chain Exercise
- Joint Mobilization
- Soft tissue Mobilization
- Shoulder Girdle Dysfunction
- Craniosacral Therapy I and II
- McKenzie Method Part A & B
- Basic Aquatics
- Comprehensive Treatment of the Knee
- Comprehensive treatment of the knee
- Myofascial release
- Advanced techniques: shoulder, arm and hand
- Kinesio taping (fundamental)
- Orthopedic massage for the upper body
- Embodied life awareness through movement/Feldenkrais

**Associate of Applied Science:** Physical Therapist Assistant, Mt. Hood Comm. College, Gresham OR

**Bachelor of Arts:** Business Management, Central Washington University, Ellensburg WA

**Licensed Massage Therapist:** COCC Massage Therapy program, Bend, OR

**Memberships:** International Association of Healthcare Practitioners

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THERAPY**

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I have lived in the Northwest all of my life and have resided in Bend the past 20 years. I enjoy the great outdoors, hiking and exploring in the summer months and x-country skiing in the winter. I enjoy travel, adventure and a well-balanced life style.

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