

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."*



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*As I was growing up, my
mother, who was an R.N.,
influenced my interests to
work in the healthcare field.*

*I have always enjoyed
exercise and various
sporting activities, which
directed me towards
physical therapy. I have
been able to help people
with their recovery from
injury and help guide
them back to an active
and functional life style.*

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 as well as patient education. In my eleven years of experience as a PTA, I have learned that a combination of time, proper health care intervention and a positive attitude contribute to the healing process.

At Healing Bridge Physical Therapy, I have the opportunity to work with other physical therapists who specialize in a variety of therapeutic approaches. This allows me to combine techniques to facilitate healing geared towards each individual's needs. I really enjoy interacting with our patients and helping to create a positive physical therapy experience that is productive, effective and enjoyable. I especially like seeing patients progress towards optimal health.

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

- Functional Closed Chain Exercise
- Joint Mobilization
- Shoulder Girdle Dysfunction
- Craniosacral Therapy
- McKenzie Method Part A & Part B
- Basic Aquatics
- Soft Tissue Mobilization

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

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

Memberships: International Association of Healthcare Practitioners

I have lived in the Northwest all my life and been in Bend the past 15 years. I enjoy the great outdoors, hiking and exploring in the summer months and x-country skiing in the winter. I also enjoy travel, adventure and a well-balanced life style.