

Healing Bridge



PHYSICAL THERAPY

*Cross the Bridge to Better
Health & Wellness*

*"Resurrection is the art
of emerging from what
you are into what you
are going to be in the
future. Be always with
people who inspire you;
surround yourself with
people who lift you up."
-Paramahansa Yogananda*



I have been competitively active in sports since I was eight, and I remember the frustration of not being able to fully participate during occasional times of injury. This made me decide to enter a profession that would allow me to assist those reentering their sport after injury.

What I've learned along the way is that pain and injury affects everyone – no matter their activity or lifestyle interests, and it affects each person in a different, unique way. I broadened my interests in respect to the healing profession of physical therapy, and I now seek joy in helping people of all levels and abilities return to their "sport" of life.

Kari Szukalski

BS, MPT, Cert. MDT

Providing education and hands-on healing to help you efficiently reach your goals

My goal is to understand your problems and concerns in order to provide you with the best resources for achieving your goals and highest level of function. I believe that patient education is key for long-term success, wellness and injury prevention. In addition to exercise, my approaches to therapy include: manual hands-on therapy, aquatic therapy and gentle exercise techniques.

It excites me to work with such a talented, compassionate and enthusiastic group of people here at Healing Bridge. The willingness of the therapists to share their knowledge and individual experience in order to foster learning is amazing. Each day I am able to learn a new treatment approach or technique in order to offer the most up-to-date care possible.

I also appreciate the generous treatment times and the unique one-on-one care that Healing Bridge offers, as a clinic. This allows me to get to know you, to understand what "makes you tick" and helps me to provide you with the best resources to facilitate you and your healing process. I am always willing to address your questions and concerns. Nothing excites me more than seeing my patients progress towards optimum health and happiness.

Master of Physical Therapy: Western Carolina Univ., Cullowhee, NC

Bachelor of Science: Biology, Univ. of NC at Chapel Hill, Chapel Hill, NC, with Minors in Exercise Physiology and Sport Science, University of North Carolina at Chapel Hill, Chapel Hill, NC

Certification: McKenzie Method for spine and joint assessment

Memberships: American Physical Therapy Association: Aquatic, Neurological and Orthopaedic sections of the APTA

I have traveled extensively throughout the U.S., and I have found Bend to be one of the most beautiful, friendly places lending itself to endless recreational opportunities. I enjoy almost every outdoor activity including skiing, hiking, biking, climbing, running and gardening. I currently throw pottery and plan to learn the art of welding, quilting and stained glass.

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