

# Healing Bridge



## PHYSICAL THERAPY

*Cross the Bridge to Better  
Health & Wellness*

*The greatest degree  
of inner tranquility  
comes from development  
of love and compassion.  
The more we care for the  
happiness of others  
the greater is our own  
sense of well-being*

*-Tenzin Gyatro-  
14th Dalai Lama*



## Siiri Berg MPT, OCS

*My Goal is to Foster Lifetime Wellness*

In addition to providing quality one on one care, my goal as a Physical Therapist is to educate my clients, increase body awareness and facilitate changes that will foster continued wellness throughout a lifetime.

I believe that for true long term healing a holistic approach achieves the best results. The human body possesses an amazing capacity to heal, but occasionally it needs assistance. Physical Therapists possess a depth of knowledge that includes biomechanics, tissue healing principles, exercise prescription, manual (hands on) techniques and neurological responses to pain. With this knowledge we can evaluate and eliminate the barriers that are slowing the healing process.

### **My continuing education has included:**

- The Running Course level I and II
- University of St. Augustine -Manual Therapy Certification: Spine I and Extremity I
- Current concepts of Orthopedic Physical Therapy
- Pacific University- Extremity and Joint Manipulation Program
- Integration of Thorvical spine and shoulder girdle
- Primal Reflex Release Technique: Gentle technique to inhibit protective and painful muscle guarding.
- Spine Symposium: Advanced examination and rehabilitation strategies with reliable outcomes.
- Explain Pain: Understanding the latest research in the brain and nervous systems role in chronic pain.

**Master's of Physical Therapy:** University of North Carolina, Chapel Hill

**Bachelor of Arts: Kinesiology:** University of Colorado, Boulder

**Orthopedic Certified Specialist:** Certification American Physical Therapy Association

**Personal Interests:** In my free time I am most happy outdoors. I enjoy hiking, trail running, snowboarding, cross country skiing, and yoga.

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