

Healing Bridge



PHYSICAL THERAPY

*Cross the Bridge to Better
Health & Wellness*

*"He who has health,
has hope;
and he who has hope,
has everything."*

-Arabian Proverb-



Helping others recover and heal was instilled by my mother's example and personal touch as a surgical nurse. Her compassion and gift of helping others in their recovery process had a profound affect, and I followed in her footsteps pursuing a career in the medical field.

I was born and raised in Bend, and am blessed to come from a large family. We enjoyed the great outdoors and had parents who supported our endeavors.

Swie Sagnimeni LPTA *Specializing in Post-surgical Orthopedic Rehabilitation and Sports Medicine*

It's a career dream for me to have quality time to work with patients during one-on-one treatments, as well as offering education for exercise programs, as we do at Healing Bridge Physical Therapy.

I worked in rehabilitation, geriatric and outpatient settings in the Portland area but returned to Bend where my roots are. I spent five years in acute care then developed an ongoing interest in orthopedic-manual therapy. Over the last 20 years my focus and development have been in sports medicine and post-surgical orthopedic rehabilitation.

My greatest interests and experience include:

- Post-surgical Orthopedic Rehabilitation
- Aquatic Conditioning and Exercise
- Manual Therapy
- Functional Orthopedics
- Strength Training Certification
- Women's Health – Urinary Incontinence
- Arthritis Education
- Deschutes County Pool Operations Course

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

Certification in PACE (People with Arthritis Can Exercise)

Certification in Clinical Pool Operations

Certification in Strength Training

Additional Training: I have earned extensive certification through the following organizations: North American Sports Institute, Oregon Institute of Sports Medicine, International Weightlifting Assc., The Ola Grimsby Institute Inc., Arthritis Foundation, Courses offered through St. Charles Medical Center, National Swimming Pool Foundation, and The American Heart Assc.

Since high school, I have enjoyed golf, skiing and biking. Physical Therapy has offered me opportunities to assist others in their rehabilitation as well as developing and sharing athletic interests with others.

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