

Healing Bridge



PHYSICAL THERAPY

*Cross the Bridge to Better
Health & Wellness*



Zeyla Brandt PT

Focused on treating the whole person...

I have been privileged to work with people who allow me to focus on my preferred specialties: manual therapy for the spine, pelvic pain and TMJ problems.

Whilst my training has included most aspects of orthopedic physical therapy, these have been my primary interest for about a decade.

I am of the opinion that patients will receive the best treatment from someone who is passionate about what she is doing.

As many of my patients have been unfortunate enough to have been in pain for many years, I find that a comprehensive, well-educated approach, tempered with compassion and experience, is helpful in the treatment of these conditions.

My continuing education has included:

- Strain Counterstrain (Spine I)
- Women's Health levels I, II, III
- Pelvic Pain
- Pain Management: Transdisciplinary Care for the 21st Century
- Overview of Chronic Pain Management
- Radiology for Physical Therapists
- Advancing Pain Management in Oregon
- Medical Screening for the Physical Therapist

I am a firm believer in treating the whole person, not a diagnosis or condition.

I believe that each and every patient deserves the respect and care we would choose for our family members to receive.

I think each person should be treated as an individual worthy of our personal attention at each visit.

By partnering with my patients I believe we can achieve optimum results.

I was born in Britain, and raised and educated in South Africa. I was fortunate enough to be accepted at the University of the Witwatersrand Medical School. This was rated by the American Medical Association as one of the top five medical schools anywhere in the world.

After two years of medical school, I elected to switch to Physical Therapy because I had discovered that I enjoy spending time with my patients in a one-on-one setting. I find that this approach is the most beneficial for the patient as well as being personally satisfying.

In addition to physical therapy, I enjoy spending time with my husband, daughter and exchange student. My hobbies include scuba diving, swimming and scrapbooking.

"Let no one ever come to you without leaving better and happier."

- Mother Teresa -

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