

## The McKenzie Method

Our therapists are educated in The McKenzie Method of Diagnosis and Treatment of the spine and extremities. This approach fosters patient independence in management of symptoms and education for prevention of recurrence. Many patients respond rapidly to this method of treatment.



## Aquatic Therapy



In addition to our traditional therapy services, we offer aquatic therapy at the Newport Aquatic Center. Aquatic therapy is an integral part of the recovery process for many of our patients. The buoyancy of the water means less stress is placed on the joints, making movement easier and less painful while still providing enough resistance to improve strength. The water provides a safe place to improve balance and stability - and build confidence.

## Massage Therapy

We have a licensed massage therapist on staff offering therapeutic massage. Therapeutic massage can help enhance and preserve the increased mobility you've gained through therapy. These treatments are beneficial between therapy appointments and after your physical therapy sessions are complete.



## Our Mission

We are committed to providing individualized care that champions our clients in their progress toward greater independence and quality of life. Our approach to rehabilitation is to treat the person as a whole; with compassion, respect and the ethics and expertise we would seek for ourselves and our families.

Karen and her staff regularly attend continuing education courses and are committed to lifelong learning to be able to provide the most current and effective methods of treatment

## Professional Membership Associations

- American Physical Therapy Association (APTA including orthopedic and private practice sections)
- Oregon Physical Therapy Association (OPTA)
- Oregon Physical Therapists in Private Practice (OPTIP)
- McKenzie Institute USA (MDT).



## *The science of healing & the art of caring*

**Monday & Wednesday**

9:00 am - 5:00 pm

**Tuesday & Thursday**

9:00 am - 6:00 pm

**Friday**

9:00 am - 1:00 pm

**135 N.W. 3rd Street  
Newport, Oregon 97365**

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**[www.centralcoastphysicaltherapy.com](http://www.centralcoastphysicaltherapy.com)**

# Our Staff

## Karen P. Smith, PT, Cert. M.D. T.



Karen Smith, Physical Therapist, has owned and operated Central Coast Physical Therapy, Inc., since July 1995. She established this private practice to provide quality outpatient orthopedic services to the people of Newport and the surrounding communities.

## Charles Mitchell, DPT

Charles received his doctorate of physical therapy in 2014 from the University of St. Augustine Florida. His undergraduate degree in Exercise and Sport Science contributes to his expertise as a physical therapist, providing outpatient orthopedic and sports medicine services. He moved to the Oregon coast in 2016.



## Amanda Morrison, PTA



Amanda is originally from Memphis, TN. She graduated in 2012 and until 2015 worked in an outpatient clinic that specialized in the McKenzie Method. Amanda worked as a travel therapist in Oregon for three years, gaining experience in different clinical environments. She is excited to be in Newport and a part of our amazing team.

## Jen Bullard, L.M.T. #023262

Jen Bullard is originally from Minnesota; her love of the ocean brought her to Oregon. Her experience as a caregiver for the terminally ill and elderly led her to become a licensed massage therapist in 2008. She understands how important therapeutic massage is for self-care and overall health.



Our Physical Therapists will perform a comprehensive, individualized evaluation and develop a personalized plan of care based on your pain and limitations.

## Conditions We Treat

- Motor Vehicle Accidents
- Neck and Back Pain
- Work-Related Injuries
- Hip Injuries
- Knee Injuries
- Tendonitis
- Sprains/Strains
- Joint Replacements
- Fractures
- Rotator Cuff Injuries
- Sports Injuries
- Achilles strains
- Hamstring Strains
- Hip Labral Tears/Repairs
- Meniscal Tears
- ACL Injuries
- IT Band Syndrome
- Plantar Fasciitis
- Shoulder Impingement
- Surgical Rehabilitation

## Physical therapy can provide the following benefits:

- Control and Eliminate Pain Without Medication
- Improve Mobility
- Improve Strength and Endurance
- Improve Balance
- Avoid Surgery
- Return to Work and Recreational Activities
- Establish Healthy Lifestyle Habits
- Prevention of Recurrence of Chronic Problems
- Improve Quality of Life



## Physical therapy can help you return to the activities you love!

- Walking
- Gardening
- Soccer
- Weight Training
- Biking
- Skiing
- Travel
- Running
- Golf
- Tennis
- CrossFit
- Hiking
- Surfing