

Physical Therapists:

Matt Sato, PT, DPT
 Western Washington University & Loma Linda University
Christina Bosik, PT, DPT
 Western Washington University & Massachusetts General
Benjamin Wobker, PT, MSPT, CSCS
 University of Montana
Mandie Majerus, PT, MSPT, OCS, CSCS
 Montana State & University of Montana

Shoes:

Asics:
 1150
 Equation
 2150
 Kayano
 Nimbus
 Evolution
Brooks:
 Glycerin
 Summons
 Cascadia
 Adrenaline
 Addiction
 Ariel & Beast

Parking:

P Street Parking (2 hrs)

P Drop-Off Spots (15 min)

Additional Parking Inside Garage



Address & Map

[facebook.com/LakeWashingtonPhysicalTherapy](https://www.facebook.com/LakeWashingtonPhysicalTherapy)



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Referral Form

Name: _____ **Date:** _____

Diagnosis: _____

Evaluate & Treat at Therapist Discretion

- Exercise:**
- Home Exercise Program
 - Flexibility
 - Protocol
 - Postural & Core Stabilization
 - Plyometric Training

- Manual Therapy:**
- Mobilization
 - Soft Tissue Mobilization
 - Myofascial Release
 - PNF
 - Traction

- Biomechanics**
- Gait Evaluation
 - Dartfish Analysis
 - Orthotics
 - Shoe Evaluation
 - Running Program
 - Kenesio / McConnell Taping
 - Inteliskin Shirt

- Modalities:**
- TENS
 - IFC
 - NMES
 - Ultrasound
 - Iontophoresis
 - Home Unit

Frequency: _____ times per week, for _____ weeks.

Comments: _____

Physician Signature: _____