

COMPONENTS OF THE PROGRAM

- Individualized therapy supervised by physical and respiratory therapists
- Multiple treatment modalities/procedures to effectively treat a variety of ailments
- Teaching you to breathe better during your day to day activities
- Exercise training to increase endurance and stamina
- Education to understand disease process and management
- Support Groups

OUR THERAPY CENTERS EARN HIGH PRAISE



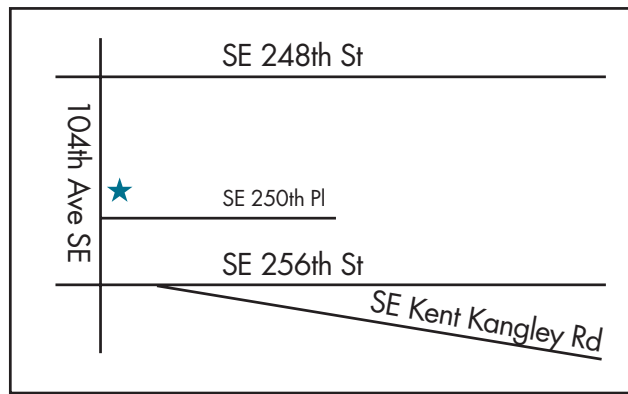
This is just what a few of our many satisfied patients say about our centers:

"When I first went to therapy, I was in a wheelchair and on oxygen 24 hours a day. In only a few treatments, I was up and walking, and within two months, I was completely off the oxygen."

A.T., 62 years of age, female

"The chance to see patients walk into the clinic when that would not have been possible; or to see them looking forward to making use of their increased abilities and independence is of immeasurable importance. It doesn't translate to numbers on spirometry or medication effect; it's the ability to learn how much people can do when provided the encouragement, support and education of caring professionals, and patients just like them."

Mary P. Horan, MD,FACP, FCCP Pulmonologist



Westcoast Therapy Center

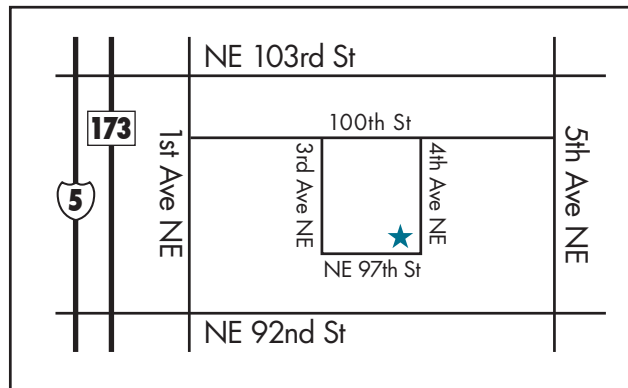
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Hours: 8am to 5pm Monday - Friday



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Hours: 8am to 5pm
Monday - Friday

To get started or
for more information
call or visit our website

Helping
patients
do more
and feel
better

**DIFFICULTY
BREATHING?
TROUBLE WALKING?
PAIN?**



**WESTCOAST THERAPY CENTER
NORTHWEST THERAPY CENTER**

**COMPREHENSIVE OUTPATIENT
REHABILITATION FACILITY**

A leading provider of:

- Respiratory & Physical Therapy
- Neuro Rehabilitation
- Musculoskeletal Therapy
- Balance/Gait Training
- Social Services
- Orthopedic Massage

Westcoast - 253.856.0677

Northwest - 206.525.1010

westcoastcorfs.com
northwesttherapycenter.com

WHO WE ARE

Our Comprehensive Outpatient Rehabilitation Facilities utilizes a multi-disciplinary approach to healthcare. Our professional team of therapists implement a focused and comprehensive treatment protocol to successfully resolve a variety of health problems. Our full service, state-of-the-art treatment facility allows us to treat multiple ailments in one convenient location. Our mission statement is "Helping patients improve their quality of life."

PROGRAM COSTS

All programs are covered by Medicare and most insurance plans.



COMPREHENSIVE REHABILITATION SERVICES

Therapy Center Services:

- Respiratory Therapy — COPD, Emphysema, Chronic Bronchitis, Asthma, Pulmonary Fibrosis
- Neuro Rehabilitation — Stroke, MS, Parkinson's Disease
- Musculoskeletal — Neck/Back Pain, Arthritis Osteoporosis, Pre/Post Surgery
- Balance/Gait Impairment
- Vestibular Rehabilitation
- Muscle Weakness
- Social Services
- Orthopedic Massage — Posture, Flexibility, Movement Treatments

WHY CHOOSE US

- **Comprehensive Treatment** - We conveniently treat multiple problems in one location.
- **Quality of Care** - We utilize high-caliber staff and state-of-the-art equipment. We have an impeccable reputation in the medical community.
- **Flexible Schedule** - Our Centers are open Monday through Friday, from 8:00 a.m. until 5:00 p.m.
- **Convenient Locations** - Several locations in Seattle area.

OUTCOMES OF REHAB

- Better Performance of Daily Living Activities
- Better Quality of Life/Sense of Well-Being
- Better Knowledge of Disease Process
- Better Understanding of Proper Pulmonary Hygiene
- Understanding importance of Proper Breathing Techniques
- Lessen Dependency on Oxygen at Rest and Mild Exercise
- Improved Dyspnea (shortness of breath)
- Better Sleep Quality
- Reduce Frequency or Duration of Hospitalizations
- Fewer COPD Exacerbations
- Improved Energy Level, Physical Capacity, Strength, Endurance
- Reduce and Control Symptoms
- Improved Independence

GETTING STARTED

Call us on how to get started. We will work closely with your physician to design a program suited to your personal health needs.



*Our staff includes:
Physical Therapists
Respiratory Therapists
Massage Therapists
Social Worker*



Our friendly and experienced therapists will work with you and your doctor to design an individualized rehabilitation program suited to your personal needs.



Exercise, training and education are vital components to a successful treatment plan. We help design a program that will work for you.