

Healing Bridge



PHYSICAL THERAPY

*Cross the Bridge to Better
Health & Wellness*



It inspires me professionally and personally to offer tools, skills, and education to empower others in pursuit of self-care and care for each other.

Physical therapy is more than just a medical model, it is an approach to health care that optimizes well being and encourages self management strategies. It is a privilege to assist my patients in this pursuit.

"We are spiritual beings having a physical experience."

- unknown -

Nancy Hartung BS, PTA

Compassionate care to enhance your health

I strive to honor the dignity of each individual that I serve. I offer physical therapy skills, knowledge, and experience to facilitate wellness and enhance quality of living.

It is my goal to provide excellent physical therapy skills, to educate and assist clients regarding their own recovery process. I strive to participate as a staff team member in the best interest of each patient.

I have been part of the Healing Bridge team since 1999, and have over twenty five years of experience in the field of physical therapy. I was born and raised in Oregon and have worked in Acute Care, Rehabilitation, Geriatric and Outpatient settings in Portland, Eugene, Alaska, and Bend.

My goals throughout my career have been to continue to enhance and expand my education, skills, and knowledge. My greatest interest is empowering patients through education. My recent continuing education has included:

- 2008 Medical screening and differential diagnosis
Explain pain, Neuro Orthopedic Institute
- 2007 3 day course, Strain/counter strain I for the spine (Jones Institute)
Clinical instructor for the student PTA Spring term
APTA Conference Denver CO
- 2006 Core stability to Core ability/
Feldenkrais
- 2005 Embodied Life Awareness through movement/Feldenkrais
Current concepts for knee and shoulder
Gerontology Conference
- 2004 Improving balance and reducing fall risk using Tai Chi
Feldenkrais w/ Jeff Haller

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- 2003 Rehabilitation for women across the life cycle
Positional release techniques
2 day course(Knee pace seminar)
whole body Kinesio taping
- 2002 Craniosacral II
- 2001 Mckenzie Course A, Lumbar Spine
Mckenzie Course B
Craniosacral I
Muscle release technique
- 1999 Embodied Life Awareness through Movement/Feldenkrais
- 1996 McConnell taping for the patella

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

Bachelor of Science: Therapeutic Recreation, Univ. of Oregon, Eugene, OR

Certification: Gerontology, University of Oregon, Eugene, OR

Memberships: International Association of Health Care Practitioners

I take joy in participating in the lives of my three children. I also enjoy exercising, biking, gardening, and reading.

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