

Healing
Bridge



PHYSICAL
THERAPY

*Cross the Bridge to Better
Health & Wellness*



Jim Wallace

BS, PT, FP

“About my practice”

I have always been drawn to the psychology of the individual. What makes us who we are and our own coping/survival skills in daily life. As a physical therapist, since 1981, I see my role as an educator but just as importantly a listener, giving my patients a chance to tell their story and voice their concerns thereby working as a team. Over the years I have worked with athletes, musicians, the young and not so young presenting with a variety of conditions. Since the early 90's, I have focused on chronic pain studying various holistic skills including **Feldenkrais Method®**, Craniosacral and other body work techniques. For the past 3 years I have been refining my orthopedic skills (myofascial release, joint mobilization, therapeutic exercises) in conjunction with the NOI “Explain Pain” approach all along with the underlying **Feldenkrais Method®** basics.

*“Every day is a
brand new day
and if I choose,
provides an
opportunity to
learn from new
experiences
and those
around me.”*

“About me”

My wife and I moved here to enjoy the weather and outdoor beauty the Bend area provides and are proud to call ourselves members of this community. Our dog and cats are our local “children” and our lovely 4 children, their partners and 6 grandchildren all reside in Oregon and Washington states. Woodworking, the outdoors, and guitar continue to be my main leisure time interests.

Examples of my continued education include:

- Beyond Explaining Pain – NOI based
- A Systematic Manual Therapy Approach to the Thoracic Spine – North American Seminars
- A Master Clinicians Approach to Advanced Concepts in Examination and Treatment of the Shoulder Complex – North American Seminars
- Feldenkrais Advanced Training – Your Brain as the Core Strength and Stability

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Bachelor of Science: Physical Therapy, Univ. Western Ontario, London, Ont., Canada

Guild Certified Feldenkrais® Practitioner: 1996-2012

Memberships: Oregon Physical Therapy Association