

Healing
Bridge



PHYSICAL
THERAPY

*Cross the Bridge to Better
Health & Wellness*

“Knowledge defines all we currently know and understand, imagination points to all we might yet discover and create.”

- Albert Einstein -



I was drawn towards physical therapy because of the holistic way of treating a person. I was fascinated by the approach of teaching the body proper movement patterns or positioning to promote healing, improve movement and decrease pain. As I began learning and integrating complementary methods into my practice, I saw the additional benefit it gave my clients. I now have a better understanding of the complexity of how mind, body and spirit influences overall wellness. The influence of nutrition, the way a person views/engages with life, the willingness to change what can be changed. The human body continues to amaze me with its resiliency and ability to heal. I learn something new every day. That excites me and motivates me to continue learning.

HL King

BS, MPT

My goal is to offer you a holistic approach, giving you the tools and knowledge for self-care management

I have had the opportunity to practice physical therapy in a variety of settings including outpatient, acute care, and home health. These experiences have allowed me to understand the continuum of care in each area and how each area builds upon one another. Through my personal and professional experiences I understand the value of blending both medical and holistic approaches for balancing the dynamic aspects of life and health.

PT is a partnership

My specialty is vestibular/balance rehabilitation and my personal active lifestyle gives me my experience with orthopedic injuries. I integrate breathing, movement, and other techniques to enhance connecting to the body. I believe this integrative approach allows the body an opportunity to heal. It is my role to be your collaborative partner on your health team to assist you. I am convinced it is through this partnership of working together that allows improved health and movement.

My additional training includes:

- Strain – Counterstrain
- Craniosacral techniques
- Myofascial release techniques (taught by John Barnes)
- Vestibular competency (taught by Susan Herdman)
- Advanced vestibular rehab (taught by Susan Whitney, et al)
- Registered yoga teacher, 2010

Bachelor of Science: Physical Education, Northern Arizona University, Flagstaff, AZ, 1991

Master’s of Physical Therapy: Northern Arizona University, Flagstaff, AZ, 1997

If you don’t see me in the clinic, you’ll likely see me exploring Central Oregon by foot, mountain bike, or paddleboard. Personally, I find that being in nature is calming and nurturing. I make sure I get my daily dose of nature every day.

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