

Healing  
Bridge



PHYSICAL  
THERAPY

*Cross the Bridge to Better  
Health & Wellness*

**“Medicine is  
not only a  
science, but also  
the art of  
letting our own  
individuality  
interact with  
the individuality  
of the  
patient.”**

- Albert Schweitzer -



*As a teenager I was fortunate to be exposed to a wide variety of complimentary medical and holistic approaches. When I entered physical therapy school I planned to continue to learn to combine alternative and traditional medicine.*

*My interests led me to the study of chronic pain. Medical science is recognizing that pain involves the perceptions and responses of the entire brain and nervous system. Therefore, we need to address the entire person in front of us and not just their mechanical diagnosis.*

*My goals continue to involve helping people restore healthy movement by understanding the nature and influence of their mind and body on their total health.*

# Allison Suran

Founder  
PT, GCFP, TPS

**Getting to know you -**

***My first priority***

My goal is to honor your individuality and recognize that your problems are unique to you. Understanding who you are, I can customize leading-edge treatments to teach you about your body. By learning how your body and mind are connected, you can use your whole self for a more complete and permanent recovery.

## ***A passion for the profession***

My passion for learning about the mind and body to help people in pain has never waned. The only limit to my enthusiasm to learn more is time and money. I continue to enjoy my ongoing opportunities to engage in leading edge science and approaches which continue to benefit my patients in their pursuit of optimal health.

Training includes:

- Certified Therapeutic Pain Specialist (2016)
- Founder, Central Oregon Chapter of the Pain Society of Oregon (2013-2015)
- Embodied Life Educator (2007-2010, 300+ hours)
- Sounder Sleep Instructor (2008)
- Certified Spiritual Instructor (2002)
- Certified Feldenkrais® Practitioner (1992-1996, 800+ hours)
- Advanced Physical Therapy Training (dozens of courses 1987-present)
- Mindfulness Studies: Ongoing since 1974

**Bachelor of Science:** Physical Therapy, Univ. of Puget Sound, Tacoma WA, 1987

**Memberships:** American Physical Therapy Assc., Oregon Physical Therapy Assc., International Feldenkrais® Assc., International Assc. of Healthcare Practitioners, Spiritual Directors International, Bend Chamber of Commerce, current member and past board member (2003-2005) Network of Entrepreneurial Women, current member and past president of Highnooner Toastmaster Club in Bend.

I am a proud Oregonian and have spent my entire adult life in Central Oregon. When not working, I enjoy spending time in the beautiful outdoors; from hiking and skiing, to playing with my flowers in the garden.

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