



Why Refer Your Patients to Our Clinics?

Same-Day or Next-Day Evaluations

- For acute patients; at your request
- Non-acute patients will be seen within one week of referral

Convenient Locations & Flexible Scheduling

- Five locations throughout Lacey, Olympia and Tumwater
- Easy patient access
- Early morning and evening appointments available at most locations

Efficiency and Excellence in Care

- Board certified therapists and therapists with advanced degrees and/or certifications
- Emphasis on self-care and home exercise instruction
- Clear, concise and timely evaluation and progress reports
- Patients who do not improve at an adequate rate will be referred back to you promptly

Staff Directory

Lacey – (360) 455-8155 • (360) 455-1655 Fax

Tony Varela, DPT, MTC, FAAOMPT	Christa Huddleston, MS, OTR/L, CHT
Sean Sipe, MPT, SCS	Renee Frost, OTR/L, CHT
Liz Schick, MS, PT, ATC, CSCS, LMP	Lisa Cena*, MOTR/L
Jenn Cunningham, BS, PTA	Andrew Martin, BS, ATC

Tumwater – (360) 352-7352 • (360) 352-7680 Fax

Melinda Mason, MPT, OCS	Kate Sisco, OTR/L
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West Olympia – (360) 956-1100 • (360) 956-1113 Fax

Jeanette Towers, PT, CWCE	Kate Sisco, OTR/L
James Wagoner, LMP	Michelle Johnson, PTA

Downtown Olympia – (360) 754-7085 • (360) 754-3671 Fax

Craig Tedder, PT, MBA	Angela Grant, PTA, LMP
Renee Tedder, MPT, MLD/CDT	Lauren Park*, DPT
Christine Quirong, PT	

East Olympia – (360) 486-0640 • (360) 486-0641 Fax

Michael Teater*, DPT

* Spanish speaking

Clinic Services

	Lacey (360) 455-8155 (360) 455-1655 Fax	Tumwater (360) 352-7352 (360) 352-7680 Fax	West Olympia (360) 956-1100 (360) 956-1113 Fax	Downtown Olympia (360) 754-7085 (360) 754-3671 Fax	East Olympia (360) 486-0640 (360) 486-0641 Fax
Physical Therapy					
Spine Rehabilitation	●	●	●	●	●
Core Strengthening	●	●	●	●	●
Manual Therapy	●	●	●	●	●
Sports Injuries	●	●	●	●	●
Post-Operative Care	●	●	●	●	●
Work Conditioning	●	●	●	●	●
Work Hardening			●		
Physical Capacity Evaluations			●		
Pediatrics (birth to adolescent)			●		
Balance Retraining/Fall Prevention	●	●	●	●	●
Wheelchair Fitting/Evaluation				●	
Hand Therapy					
Custom Splinting	●	●	●		
Fracture Bracing	●	●	●		
Post-Operative Care	●	●	●		
Sports Injuries	●	●	●		
Tendonitis Protocol	●	●	●		
Carpal Tunnel Syndrome Protocol	●	●	●		
Arthritis Protocol	●	●	●		
Wound Care	●	●	●		
Ergonomic Assessment	●	●	●		
Specialized Services					
Massage Therapy	●		●	●	
Women's Health				●	
ASTYM					●
Custom Foot Orthotics	●				
Oncology Rehabilitation				●	
Lymphedema Therapy				●	
Athletic Training/Event Coverage	●				