

improving the *quality*
of *life*
for your patients

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PROACTIVE
ORTHOPEDIC AND SPORTS PHYSICAL THERAPY, LLC

help
in managing your diabetic patients

Studies show that a program of regular exercise and a healthy diet is the #1 way to help delay or prevent type 2 diabetes. These very same elements can also go a long way in delaying or managing serious diabetes-related complications associated with type 1 and 2 diabetes. For those who already have diabetes, the benefits of exercise are just as powerful. In some cases, many people are even able to reduce or eliminate their need for certain medications.



SAME DAY APPOINTMENTS

Most of the time we can see your patients for an initial evaluation the same day. If we cannot see them the same day, we will offer them an appointment within 24 hours of their 1st call.

PERSONAL THERAPY

Your patients will not be seen by multiple therapists who are not familiar with their case. They will be followed by a single PT/PTA team throughout their treatments.

SUPERIOR OUTCOMES

Our outcomes have been shown to be consistently superior to the national average in improving function, relieving pain, and in customer satisfaction.

improve *quality* *of life*



WHAT TO EXPECT

- Pain free exercises specially designed to optimize and enhance your patient's ability to do things they enjoy
- Educating your patient as it relates to exercise and their diabetes.
- Development of a personalized home exercise program addressing your patients' specific functional deficits.
- Timely updates regarding your patients' progress.



BENEFITS OF EXERCISE

- Improved ability for your patient to do the things they enjoy .
- Reduce or potentially eliminate the need for diabetes medication
- Reduced blood pressure/cholesterol and risk for heart disease for your patient
- Burn more calories at rest to maintain your weight or even lose weight.



OUR APPROACH IS SIMPLE

- Thorough Patient Education
- Function-Based Treatment Plans
- Individualized Treatment
- Effective Customized Home Exercise Programs
- Ongoing Communication with Patients and Referral Sources
- Superior customer service

HOW A PHYSICAL THERAPIST CAN
help

Helping your patients manage their diabetes with aerobic and resistive exercise can lower their risk of resulting health issues. Physical therapists are experts in restoring and improving human motion, and can play an integral role in the management of diabetes by establishing and, as needed, supervising exercise programs and providing treatment of complications.

It is best to take action to prevent complications, but if these problems occur, physical therapists can help restore your quality of life.

Physical therapists can:

- Provide guidance for short-term and long-term exercises and activities for life-long health
- Educate the patient on how to increase their activity level with ADLs .
- Advise the patient on aerobic and resistance exercise programs.
- Motivate the patient to increase their activity level by participating in activities they enjoy.
- Help decrease cramping pain during walking.

PROACTIVE

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ProActive has a vision that says physical therapy can be practiced with a focus upon patient care, superior outcomes, and outstanding customer service in a warm caring environment. Recognizing that each of our patients is unique, we focus our care upon individual needs. We see that focus as being critical to the overall success of our patient's recovery process.

"From the very 1st time I walked into ProActive I felt like family. I've been to many other physical therapy clinics and ProActive is the best in the business. They were able to solve my problem when no one else could. Thank you ProActive!!"

-C.J., Gresham, Oregon

Clinic Locations

ProActive - Oregon City

1001 Molalla Ave, Suite #205
Oregon City, OR
(503) 607-0047

ProActive - Gresham

25500 SE Stark, Suite #103
Gresham, OR 97030
(503) 328-0222

ProActive - W. Vancouver

805 Broadway
Vancouver, WA 98660
(360)823-0138

ProActive - E. Vancouver

6700 NE 162nd Ave.
Vancouver, WA 98682
(360) 567-0633

ProActive - Salmon Creek

2621 NE 134th St
Vancouver, WA 98686
(360) 859-3364

ProActive - Battle Ground

1902 SW 9th St, Suite #114
Battle Ground, WA 98604
(503) 723-0797

Canby Physical Therapy

308 N. Ivy
Canby, OR 97013
(503) 263-6786

Camas

2950 NW 38th Ave.
Camas, WA 98607
(360) 954-5178

*ProActive
diabetic
exercise program*



*an evidence based program
to help your patients
control their diabetes*

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