

# About Us

## Mission Statement

ProActive is physical therapist owned and operated since 2002. Our mission is to:

- provide superior physical therapy services leading to excellent patient outcomes, with an overall emphasis in exceptional patient care.
- recognize that each patient is different and commit to maximizing each patient's functional mobility and success.
- work closely with physicians and insurance companies to better serve the patient and to accommodate their needs.
- recognize that communication helps to facilitate the superior outcomes that we have been able to achieve.
- emphasize achieving superior functional outcomes while creating an excellent rapport with patients.

We feel you will be pleased with the outcomes, communication, and customer service that you receive when at a ProActive clinic.



# Insurance Coverage

**\*We accept most insurances\***

Please call or fax our office and we will verify your physical therapy benefits for you!

[www.proactivesportspt.com](http://www.proactivesportspt.com)

## Battle Ground

1902 SW 9th Ave #114  
Battle Ground, WA 98604  
Phone: 360-723-0797  
Fax: 360-723-0792

## Women's Health Physical Therapy



**PROACTIVE**  
ORTHOPEDIC AND SPORTS PHYSICAL THERAPY, LLC

# Women's Health

## What Is Women's Health Physical Therapy?

We recognize there are a variety of health care issues specific to women and that the reproductive system is an important part to overall health.

Our therapists will:

- evaluate the various symptoms
- develop an individualized treatment program to fit the patient's specific needs

Treatment may include:

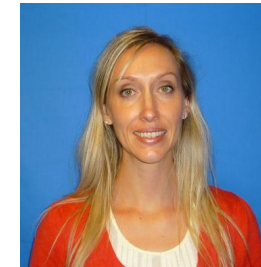
- manual therapy techniques for muscle relaxation
- strengthening of the pelvic floor muscles through exercise and biofeedback
- electrical stimulation
- relaxation techniques



## What Services We Offer:

- Pelvic Floor Disorders
  - Incontinence
  - Pelvic pain
  - Abdominal Pain
  - Painful intercourse
- Pre/Post Surgery Abdominal symptoms
- Pre/Post Partum
  - Pain with pregnancy (back/pelvic/SI/CTS)
  - Diastasis recti abdominus
  - Painful intercourse
- Osteoporosis/Osteopenia
- Fibromyalgia/Chronic Pain
- Breast Surgery Patients
  - Pre/Post Surgery education
  - Lymphedema education and treatment

## Meet Our Physical Therapist:



**Joanie Anderson, PT, DPT**

Joanie is a Physical Therapist at the Battle Ground clinic. She graduated from Regis University in Denver, Colorado with both the Masters and Doctor of Physical Therapy degrees in 2002 and 2003, respectively. Joanie is a Colorado native and has worked in a variety of settings. In addition to women's health, her areas of interest include orthopedics, manual therapy, TMJ disorders and pediatrics.