

Northwest Therapy is proud to announce the greatly-anticipated expansion of our Sellwood clinic.

NW Therapy has been operating for the last two years in an interior room with no windows, which was approximately 400 square feet in size. In late June 2010, we moved into our new space, which is 933 square feet. Our new clinic is sunny and bright, with four large windows that overlook the beautiful foliage and parking lot in the front of the building.

The spacious new clinic has freshly painted walls, new carpeting, and bright new cabinets and sink. The move has tripled our treatment capacity here at Sellwood, as we have gone from two treatment tables to six.

Our cardio equipment includes a recumbent cycle; combo upper and lower body ergometer; upright cycle; and treadmill. We also have a small private exam room just across the hall. The move has been well-received by our patients, who enjoy the view and sunshine as they are exercising.

We will continue to offer Physical Therapy Monday through Friday, and Occupational Therapy on Monday and Wednesday mornings. The expansion will allow more than one therapist to treat simultaneously, allowing us to offer more treatment times for our patients' convenience. If you have not had a chance to see our new space, feel free to stop in anytime—we love to show off our new clinic!

On October 10, Northwest Therapy therapists will be staffing the medical tent at Mile 21 of the Portland Marathon for the sixth consecutive year.

We are all very proud and excited to assist the runners; at Mile 21 there is never a dull moment!

CONTACT US AT
503.353.1278 OR NWTherapy.net



STRESS MANAGEMENT

Stress is something we all deal with everyday. Big life changes or events (such as moving, a wedding, a new baby, starting a new job or a death in the family) usually cause stress. Sometimes, stress can be helpful when we need to get things completed in a timely manner. However, stress can have negative effects on your mind and body if it happens too often or lasts too long. Stress can cause headaches, stomach aches, back pain, insomnia, weaken your immune system, make you detached from family or friends, and may cause depression.

Northwest Therapy would like to encourage everyone to practice living a healthy lifestyle by lowering stress levels. Everyone deals with stress in different ways; some are healthy and some are not. It is important to find out what causes stress in your life and look for healthy ways to reduce it.

Do you feel stressed at work, home, while driving, or all the time? Sometimes it can be difficult to identify what triggers our stress. Keep a journal to help you track what causes your stress, how you reacted, how you dealt with it, and what your stress level was during your reaction and afterwards. By keeping track of your stress, it will be easier for you to figure out what causes it and how you manage it. You may not be able to completely eliminate stress, but you can learn to lower it.

TIPS FOR RELIEVING STRESS

- Take slow, deep breaths
- Listen to soothing music
- Take a walk
- Meditate
- Take a yoga or Tai Chi class
- Have a massage
- Learn to manage your time better
- Learn to say “No”
- Learn to ask people for help

Getting plenty of sleep, staying connected to family and friends, and exercising also help to relieve stress. You may also want to try soaking in a warm bath, performing progressive muscle relaxation or practicing “roll breathing” (focus on the rhythm of your breathing as you breathe deeply in through your nose and out through your mouth, making a whooshing sound as you breathe out). Keep these tips in mind to help lower your stress—it is really important to take care of yourself!

SEE HOW YOU DEAL WITH STRESS
www.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/media/pdf/hw/form_tp23272.pdf

MORE STRESS MANAGEMENT TIPS
www.webmd.com/balance/stress-management/stress-management-relieving-stress