



Physical Therapy  
Occupational Therapy  
Massage Therapy  
Sports Performance  
Post Surgical Rehab  
Total Body Balancing  
Orthotics  
Rolfing  
Far Infrared Sauna

Wellness Classes:  
Beginners Gentle Yoga  
Advanced Yoga  
Feldenkrais/Awareness  
Through Movement®  
Lymph Techniques  
Massage for Pairs  
Zentangle  
Stress Reduction

Date: \_\_\_\_\_ Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone(s): \_\_\_\_\_

Diagnosis(es) with ICD-9 code: \_\_\_\_\_

Treatment Frequency/Duration: \_\_\_\_\_

\_\_\_ Physical Therapy: evaluate & treat

\_\_\_ Occupational Therapy: evaluate & treat

\_\_\_ Massage Therapy: evaluate & treat

\_\_\_ Orthotics

Precautions: \_\_\_\_\_

Specific Instruction to Therapist: \_\_\_\_\_

We are providers with most insurance companies, please call to verify coverage.

Referring Provider Signature: \_\_\_\_\_

Referring Provider Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax #: \_\_\_\_\_

## Wellness Services and Techniques:

**Total Body Balancing:** Generally a 50 minute session, Total Body Balancing is a routine based treatment where the therapist will take each joint through a series of movements with techniques applied to evaluate and improve range of motion. When all areas of the body have been addressed, more specific treatment to problem areas will be applied. This is a great way to improve overall well being and movement, especially for athletes wishing to improve performance.

**Rolfing:** Typically a comprehensive 10 step series of treatments, Rolfing is focused on releasing fascia in the body and reinforcing new, healthier patterns of movement and improving posture. This is a deep tissue technique.

**Far Infrared Sauna:** This sauna uses Far Infrared waves which penetrates deep into the body. Benefits include pain relief, improved circulation, relaxation, detoxification and lowering of blood pressure.

## Wellness Classes:

**Beginners Gentle Yoga:** This yoga class is designed for those with no yoga experience or are recovering from an injury. Classes are focused on gently improving flexibility and balance.

**Advanced Yoga:** Once the basics have been mastered students are encouraged to join a more progressive class which focuses on more challenging poses.

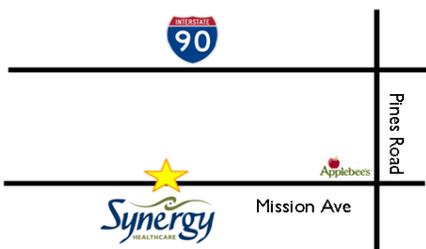
**Feldenkrais/Awareness Through Movement ®:** Based on the work of Moshe Feldenkrais these group classes are directed by a certified instructor through a series of movements intended to “re-wire” the brain into more efficient pathways.

**Lymph Therapy Techniques:** This is a 6-class series that will familiarize you with the function and health benefits of the Lymphatic system. Self–drainage techniques for the neck, face, arms, legs and breast are explained and demonstrated by our very own Shauna Burchett, OTR/L.

**Massage for Pairs:** Massage is great for stress reduction, pain relief, reducing blood pressure and muscle tension. This 3-class series will teach you and a partner how to do a basic massage routine on the back, neck, shoulders, arms and legs. Learn how to give the gift of massage to your friends and family!

**Zentangle:** Yoga for your brain! Relax and have fun while creating beautiful artwork one stroke at a time. All supplies are included and you take home a timeless peace of art and skills to last a lifetime.

**Stress Reduction– Unlocking the Power of Your Parasympathetic Nervous System:** This one night lecture will discuss the dangers of living in fight-or-flight, and how consciously changing our state of mind can affect our entire body. You will learn what situations trigger the fight-or-flight response and the effects of long and short-term stress on the body. The instructor will explain warning signs of an autonomic nervous system imbalance and the connection between mental and emotional health and your overall well-being. You will also walk away with a stress reduction tool-kit: well researched strategies to decrease the fight-or-flight response.



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