



## CHERYL SMITH

Cheryl is passionate about movement, to move with grace and ease; to be balanced in one's body, mind, and spirit. She understands the lifelong benefits of physical activity and loves to encourage others in their fitness, wellness, and rehabilitation goals.

Cheryl has been a Physical Therapist for over 30 years, a graduate of University of Puget Sound. Cheryl is trained in Yoga, certified in Stott Pilates, manual therapy, the Graston Technique, and Barre. She became certificated in STOTT Pilates over 10 years ago, using Pilates to assist her patients in the healing process from sports injuries, orthopedic and neurological conditions, and post-surgical rehabilitation. She worked in a private practice orthopedic clinic in the Seattle area and she is delighted to be in the Spokane area working at Synergy Healthcare.

She has experience with dancers, semi-pro golfers, tennis players, and runners, as well as pre and post-natal, Parkinson's, and oncology patients. She enjoys tennis, pickleball, golf, running, biking, theater, and travel. She volunteers at her local library and community farm.

Specialties: Core stabilization, pre and post-partum, osteoporosis and osteopenia, pre and post-surgical rehab, sports injuries and prevention, postural dysfunctions and orthopedic injuries.

## ABOUT US

At Synergy, we offer advanced Physical Therapy and Occupational Therapy. Our skilled physical therapists and occupational therapists are trained in effective hands-on techniques that are not commonly found at other clinics.

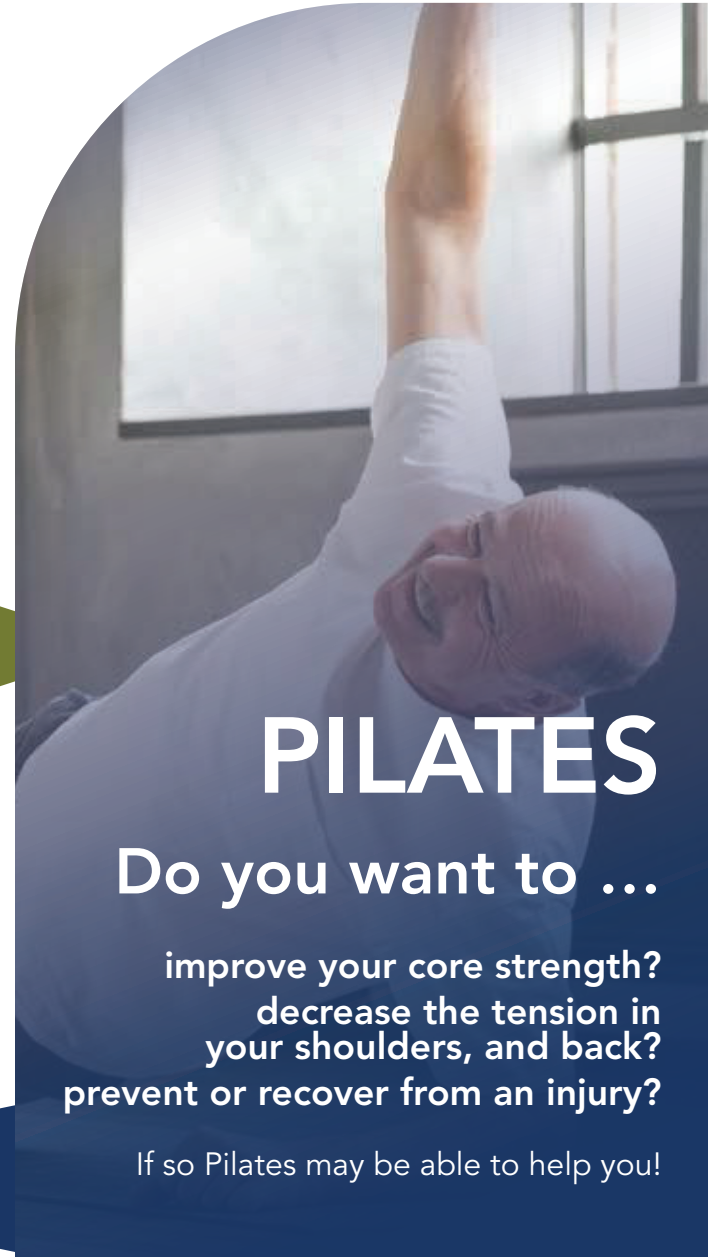
## WE SPECIALIZE IN:

- Injured workers • vestibular rehab
- headaches • neck pain • sciatica • hip problems • shoulder pain • tendonitis • knee problems • lower back pain • scar tissue • Pilates • balance education & retraining

PHYSICAL THERAPY  
OCCUPATIONAL THERAPY

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# PILATES

## Do you want to ...

- improve your core strength?
- decrease the tension in your shoulders, and back?
- prevent or recover from an injury?

If so Pilates may be able to help you!