



# Therapeutic Associates

## HILLSBORO PHYSICAL THERAPY

5880 NE Cornell Rd. Ste. C • Hillsboro, OR 97124

**503-844-9294**

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### The BUMPS and BRUISES CLINIC

**A free clinic offered by Therapeutic Associated Hillsboro PT to athletes with FC Portland.**

#### What will the format be for the bumps and bruises clinic?

- The bumps and bruises clinic will be offered at the Hillsboro PT clinic Monday-Friday from 5-7 p.m.
- The clinic will be offered on a call in basis. Those individuals wishing to have a screening examination and treatment simply need to call the Hillsboro PT clinic to set up an appropriate time.

#### What can someone expect during their visit to the bumps and bruises clinic?

- The athlete will be screened in order to determine the nature of the injury and the contributing factors associated with the injury.
- The athlete will then be given guidance related to exercises that will help to improve the athlete's function, which may include specific stretching and strengthening activities.
- If the injury is deemed significant and has been hindering the athlete's performance to a great degree, than it may be warranted to suggest formal PT beyond the free clinic or a physician referral.

#### Who is appropriate to attend the bumps and bruises clinic?

- An athlete that has suffered a recent injury and would like to have their injury screened, have treatment provided, and be given ideas about how to manage the injury.
- An athlete that has suffered a previous injury and has not been able to fully recover from the injury and their playing ability has been hindered as a result. These injuries will also be screened, treatments provided, and ideas will be given to the athlete about how to manage the injury.
- A FC Portland staff member who would like to have an injury or musculoskeletal concern addressed by way of a physical therapy screening and treatment.

#### Who do I contact at the Hillsboro PT clinic?

- Call the front office at 503-844-9294
- If you have further questions or concerns you can call and speak with the Hillsboro PT soccer program director Michael Deegan DPT or e-mail him at [mdeegan@taiweb.com](mailto:mdeegan@taiweb.com)
- If Michael Deegan is not available then you may speak with Tim Brinker PT, OCS, FAAOMPT Director of Physical Therapy or e-mail him at [tbrinker@taiweb.com](mailto:tbrinker@taiweb.com)

#### CONTACT INFO

www

[.therapeuticassociates.com](http://.therapeuticassociates.com)

or call

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