



PINNACLE PHYSICAL THERAPY

Unparalleled Credentials, Care and Outcomes

VIEWS & NEWS FROM THE PINNACLE

www.PinnaclePT.net · (209) 736-0956
Pinnacle Physical Therapy

Theresa M. Locke, DPT Volume 14 Issue 1

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Meet and Greet



Our newest colleague is **Jeff Schroeder**, Nationally Certified Massage Therapist. Jeff received his initial massage therapist certification in 2002 from The Body Therapy School of Massage in Palo Alto, CA. and eventually became an instructor there from 2003 through 2008. He received his National Certification in 2005. Jeff has been the in-house massage therapist at the Crystal Springs Chiropractic clinic in San Mateo, CA since 2002, and still sees long-time clients there monthly. We are very pleased to offer massage by someone with his talent and credentials. His interests outside of healthcare include working with his sweetheart, Debra, on renovating their "new" home in Forest Meadows. They both enjoy hiking, physical fitness, and exploring the area.

Gerald A. Solberg, MSPT (Jerry) joined our team as a part-time therapist last year. He received his Physical Therapy Certificate from the University of Iowa in 1967 and his Master's degree from the University of the Pacific in 1996. His experience has included PT work in rehabilitation centers, orthopedic physical therapy clinics and home health. He taught physical therapy for 13 years at the University of the Pacific where he specialized in Kinesiology, Prosthetics, Orthotics



and Gait Analysis. He also has an interest in TMJ disorders and treatment. Jerry brings a well rounded background in physical therapy to Pinnacle and we are pleased to have him on our team. In his spare time Jerry is a professional musician, but also likes hiking, biking, skiing, golf and wood working.



Josiah Lozano, BS has joined Pinnacle as a PT Aide while he studies to become a licensed physical therapist. He grew up in the small town of Paloma and has lived in Calaveras County over 20 years. He attended California State University Chico and received a Bachelor degree in Exercise Physiology. He also holds personal training certification through the American College of Sports Medicine. Physical activity and exercise are great forms of treatment and Josiah takes pride in assisting others to heal using these forms of therapy. Outside of work Josiah enjoys playing basketball, working on his house, exercising, and spending time with his family.

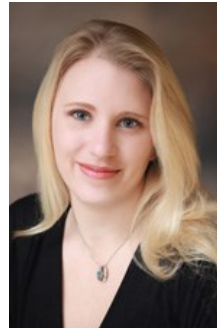
Sherry Clary is Pinnacle's new Account Specialist. She has lived in Calaveras County for 23 years and worked seventeen years for a family practice M.D. Sherry is a grandmother and animal lover. She enjoys the outdoors and camping with her husband, Jim. Sherry is a dedicated volunteer and accomplished crafter. Her primary responsibilities at the clinic will be verifying insurance, coding claims and reconcil-



MANUAL CERTIFICATION EARNED

Dr. Ashley Nelson has earned certification in manual therapy from the University of St. Augustine for Health Sciences in St. Augustine, Florida. Dr. Nelson studied under the world-renowned physical therapist Dr. Stanley Paris, and is now recognized as a distinguished practitioner of manual therapy. Dr. Nelson is one of 76 physical therapists in California currently with this designation, and the only physical therapist in the greater Mother Lode region. Manual therapy, within the scope of physical therapy, is defined as a clinical approach utilizing skilled,

specific hands-on techniques to decrease pain, increase range of motion, facilitate movement, and improve function.



Dr. Theresa Locke, physical therapist and practice owner expects Dr. Nelson's certification to elevate the award-winning level of patient care and outcomes currently experienced here at Pinnacle.



Therapeutic Bodywork
Deep Tissue
Sports Massage



.5 hour: \$45

1 hour: \$70

1.5 hour: \$95

Gift Certificates
Available



Suffering in Silence?



Pelvic pain and dysfunction of the bowel and bladder systems effect far more people than are reported. In fact, incontinence is the #1 reason for admission to a skilled nursing facility. Because it is a private and sensitive region, there is embarrassment and social isolation associated with pelvic dysfunction, but in many cases, physical therapy can help. Pelvic rehab is a sub-specialty of orthopedic physical therapy. Theresa Locke, DPT, is trained to assess pelvic muscles as well as design a plan to address pain, incontinence, post-op and post-partum conditions. Treatment of this condition has been part of her practice for many years but she continues to study new information and attend continuing education to stay current and informed in the field. Patients seeking help for this condition at Pinnacle will receive treatment from a well-qualified, experienced and understanding clinician.