



## 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

September 2014

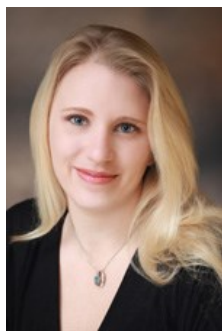
## What's New at Pinnacle



Jerry Soberg, PT, has officially retired. We wish him all the best as he embarks on a new phase of life to enjoy more travel, music and fun.



Ashley Nelson, PT, DPT, MTC, has returned to the clinic after maternity leave. Her son Morgan James was born on the 20th of June. He weighed 8 lbs 14 oz and was 21" long at birth.



Our PT Aide, Josiah Lozano, BS, is applying to grad school to complete his goal of becoming a doctor of Physical Therapy.

Jeff Schroeder, NCMT, attended his 50th High School Class Reunion in Chicago this month. He must have graduated as a pre-teen; there is no way he can be that old.



## The harvest is in

and Locke Vineyards has opened a tasting room on Main Street in Murphys.

Their wines have enjoyed much praise and the limited harvests of estate grown varietals are a real treat. The Locke Family winery is managed by Theresa's husband, Kevin. Her daughter Kirsten helps out in the tasting room. Relaxation and the beneficial properties in red wine promote one's overall sense of wellness, so we invite you to drop by for a taste and some healthy conversation.

## Watch for the Signs of Our Community Support

Theresa Locke, PT, DPT has been supporting local communities in Calaveras County for many years. You have probably seen our logo associated with all manner of events and organizations promoting health and fitness. Theresa offers Bret Harte HS coaches free injury evaluations for their school athletes. She is available to help businesses with safety programs and classes on body mechanics. She is a generous benefactor to school teams and booster clubs, Ebbetts Pass Youth Soccer and Feeney Park. She supports the Angels Camp Business Association's scholarship and farmers' market, Calaveras County's Art Council and Mentoring Foundation as well as donating many other worthy causes in the area.



## It's Not Just for Seniors Anymore!

More younger people are being affected by pelvic pain and the dysfunction of the bladder and bowel systems that have traditionally plagued the elderly. Some are born with weaker pelvic muscles. Others can weaken them through childbirth or high impact exercise especially when physical fitness training does not protect the pelvic floor region. Just like their senior counterparts, because of the embarrassment and social isolation associated with pelvic dysfunction many younger people do not seek treatment even though many cases can be helped by physical therapy.



Theresa Locke, PT, 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. Theresa continues to study to stay current and informed in the field and many patients are showing significant improvement in just a few visits. Call the clinic at (209) 736-0956 for a brochure or more information.



Therapeutic Bodywork  
 Deep Tissue  
 Sports Massage

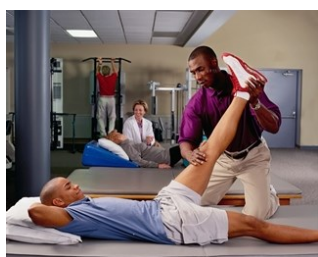


.5 hour: \$45

1 hour: \$70

1.5 hour: \$95

Gift Certificates  
 Available



**Pinnacle Physical Therapy is more** than a place for post-surgical and injury rehabilitation. Because we believe patients make the most progress when they understand why and how to improve their condition. Our caring and highly skilled therapists offer life changing support to optimize mobility and promote overall health and wellness. We offer education to help prevent injury. Body Mechanics Classes are offered to patients and the public twice a month in the clinic and upon request to employers and organizations as a supplemental workers safety program. Our exercise programs are available at all levels from totally independent to fully supervised. Participants, other than former patients, who are unfamiliar with the clinic and equipment will be required to have an initial health evaluation before starting our After-care or Healthspan programs.

We receive consistently high marks in patient satisfaction. Our patients are extremely happy with their outcomes and often return when another surgery warrants physical therapy. They appreciate the friendly atmosphere and attention provided by therapist and support staff alike.