



*“As a physical therapist, my job is to create an environment of educated independence for patients, allowing them to succeed in their rehabilitation, return to the activities they love and prevent future injuries.”*



**Never Quit,  
Never Give Up**

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## ABOUT YOUR PHYSICAL THERAPIST...

### Breanna Middleton, DPT

*“My background in Exercise and Sport Science lends itself perfectly to the physical therapy setting. During my undergraduate studies at Oregon State University, I taught group fitness classes and worked at the local athletic club. I had the opportunity to interact with many individuals recovering from injury, igniting my desire to gain a greater understanding of the mechanisms of acute injury and chronic conditions and how to assess movement patterns.”*

#### EDUCATION

- Doctorate in Physical Therapy, Eastern Washington University, Spokane, Washington
- Bachelors of Science in Exercise and Sport Science, Oregon State University, Corvallis, Oregon

#### BACKGROUND EXPERIENCE

- Outpatient Orthopedics: OHSU Rehabilitation Services, Portland, Oregon
- Outpatient Orthopedics: Apex Physical Therapy, Spokane, Washington
- Inpatient: Central Washington Hospital, Wenatchee, Washington
- Outpatient Neurological: Providence Medford Medical Center Outpatient Neurological Rehabilitation, Medford, Oregon

#### UNIQUE INTERACTION

*“Physical therapists, unlike many other health care professionals, have the opportunity to spend much time one-on-one with patients. This unique interaction allows me to spend more time communicating with and listening to each patient, to understand what it is that motivates each individual and to determine what activities he or she wants to return to. I believe it is through this unique interaction that the success of the patient’s rehabilitation program is greatly affected. At Peak Performance Physical Therapy, I will take the time to listen to what motivates you, to understand what your goals are, and to help give you the tools to facilitate your recovery.”*

#### TEAMWORK

Peak Performance Physical Therapy has a great team of skilled physical therapists. Each physical therapist brings a unique skill-set and knowledge base to create a well-rounded, balanced team. Continuing education, evidence-based practice, sharing of knowledge, and collaboration is strongly encouraged and leads to more effective and efficient physical therapy.

#### PERSONAL LOOK

Originally from the Southern Oregon coast, Breanna is looking forward to discovering all that Central Oregon has to offer. She enjoys hiking, backpacking, snowshoeing and baking. She is excited to be able to spend more time exploring the great outdoors and stumbling upon new hobbies along the way.

Peak Performance Physical Therapy