



“Physical therapy takes your injury or affliction seriously while putting you in a comfortable and enjoyable setting. It is about empowering patients to reach their highest level of function possible. Physical therapy isn’t about treating everyone with a cookie cutter approach. Each individual is unique and we will work together to develop your distinctive treatment.”



**Getting you back to work
and play... FAST!**

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ABOUT YOUR PHYSICAL THERAPIST...

Hailey Foster, DPT

“My background in a science education focused on teaching students how to be active learners throughout life. Science is constantly changing and refining the information we have. My education fine-tuned my skills to interpret the facts while continually pursuing and advancing my knowledge. This keeps me up to date with the latest and most evidence-based treatment for your quick recovery.”

EDUCATION/PROFESSIONAL DEVELOPMENT

- Doctorate of Physical Therapy, Northern Arizona University
- Bachelor of Science in Biology, University of Oregon, Eugene

PROFESSIONAL DEVELOPMENT

- Selected Shoulder Conditions
- Certified Strength and Conditioning Specialist Course
- Advanced Documentation
- Functional Stability Retraining: SI Joint & Pelvic Dysfunction
- North American Institute of Orthopedic Manual Therapy Level II
- Volunteers in Medicine

MIND OVER MATTER

“One of the reasons I chose a career in physical therapy was because it was the perfect balance of science, teaching, working closely with the dynamics of the human body and spending one on one time with the patient. As a physical therapist, I treat all ability levels and ages. I am as excited and eager as you are to get you back to your potential.”

They say that age is all in your mind. The trick is keeping it from creeping down below into your body. - Author Unknown

TEAM APPROACH

“One of the great things about Peak Performance Physical Therapy is that we have a strong team of physical therapists. We work together to bring each other the latest skills and knowledge in order to provide optimum treatment for all patients. Each therapist has a distinctive education and unique experiences. We collaborate to make a collective team of effective therapists.”

Although dedicated to her profession for many hours of the week, Hailey finds time to pursue her many active hobbies including mountain biking, cross country skiing and swimming with the local Masters Team. A native of Central Oregon, Hailey maintains special ties with her family here and especially her precious 18 lb. cat, Fuzz E!