



ABOUT YOUR PHYSICAL THERAPIST...

Bea Sunderland-White, MPT

“As your physical therapist, I will listen with respect and compassion. I will use my hands and my knowledge to facilitate the healing of your body by using different techniques and approaches. I will provide education and information about your injury/condition so that as a team we can work together to meet goals that are meaningful to you.”

“I understand how difficult and frustrating it can be to be injured and not be able to do simple things like putting on a shirt without pain. I also understand how important it is to be able to enjoy recreational or athletic hobbies. By combining manual therapy and therapeutic exercise, as well as being supportive, together we can get you back to doing the things you enjoy.”

PROFESSIONAL DEVELOPMENT/ CONTINUING EDUCATION

- Master of Physical Therapy, University of Utah
- Bachelor of Science in Exercise and Movement Science, University of Oregon
- Bachelor of Arts in Psychology, University of Oregon

North American Institute of Orthopedic Manual Therapy Levels I and II; Clinical Anatomy of the Low Back; Wheelchair Seating and Positioning; Improving Functional Outcomes for the CVA Patient; Diagnosis and Treatment of Movement System Impairment Syndromes; Pain Physiology, Physical Therapy and Pain Management; Multiple Sclerosis Colloquium; Wheelchair Seating Issues; Clinical Management, Evaluation and Treatment of Balance Disorders

DIVERSE BACKGROUND

“Having been born in Mexico and raised in Australia, I have had some unique experiences and have been exposed to different cultures and beliefs. My experiences as a physical therapist have also been diverse. Beginning with acute care in the hospital and seeing people immediately after surgery, to the more intense rehabilitation that takes place following a serious accident or neurological injury. I feel I am now completing the circle with outpatient care where I hope to be able to use my diverse experiences to create a more holistic approach to treatment.

I am a member of the Oregon Physical Therapy Association (OPTA) continuing education committee. My professional goal is to work towards getting certified as a manual therapist through North American Institute of Orthopedic Manual Therapy (NAIOMT). I am also interested in the role that the mind-body connection plays in health and wellness.”

Bea’s dedication to the field of physical therapy and interest in health and wellness contribute to a holistic approach. When not assisting her patients to achieve a greater quality of life, Bea and her husband, Chris, enjoy cycling and swimming and are avid outdoor enthusiasts.



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

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Peak Performance Physical Therapy