



*"Pain does not have to be a way of life", has been my motto for more than 25 years. I strive to keep up to date with the best scientifically validated treatment for pain. I will continue to learn, grow and teach for as long as I practice physical therapy!"*



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

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## ABOUT YOUR PHYSICAL THERAPIST...

### Tom Watson, DPT, MEd, DAAPM

*"Chronic pain is a major problem. Pain is the #1 complaint at medical offices today and pain requires a multi-disciplinary approach. My role as a physical therapist is to evaluate and treat muscle and bone structure, develop and implement appropriate exercise routines, provide body mechanics instruction and perform soft-tissue mobilization and/or manipulation for pain. I also review your nutrition intake and educate you about your pain. The ultimate goal is to resolve, reduce and manage your pain. We can do it together."*

#### PROFESSIONAL DEVELOPMENT/ CONTINUING EDUCATION

- Bachelor of Science in Physical Therapy, University of Oklahoma, Norman, Oklahoma
- Master of Education, College of St. Scholastica, Duluth, Minnesota
- Doctor of Physical Therapy, Ola Grimsby Institute, San Diego, Calif.
- Credentialed Diplomate American Academy of Pain Management

*"My lifelong passion is to learn and teach. I have presented more than 45 lectures, including all day sessions, written more than 50 articles for various professional publications and written chapters in two text books. My enthusiasm for my work is obvious in my delivery of care."*

#### EXPERIENCE IS KEY

*"I have nearly 35 years experience treating acute and chronic pain, including low back, headache, temporomandibular joint dysfunction, fibromyalgia, chronic repetitive pain syndrome, sciatica, neuropathies, arthritis, failed back syndrome and cancer pain. My knowledge and experience has brought the first cold laser to Peak Performance and Redmond."*

#### SERVING & TEACHING

- Secretary Board of Directors and Chair of Education Committee of the American Academy of Pain Management
- Member of the Oregon Physical Therapy Association Education Committee
- Commissioner on the Oregon Pain Management Commission
- Past president and Co-founder of Pain Management SIG American Physical Therapy Association

When not fighting for the rights of his pain patients and their families or educating his fellow pain practitioners, Tom enjoys spending time with his wife Georgiann. Together they have one yellow lab, Jasmine, and 11 grandchildren. Tom is also active teaching and helping at his local church.