

Why 3D Physical Therapy?

At 3Dimensional PT & Sports Conditioning our vision is simple: “To create an environment where people want to come for treatment.” This is initiated by a highly educated and highly motivated staff that enjoys what they do. Our practice is built upon a blend of evidence-based rehabilitation as well as past clinical experience. We continually seek out opportunities to expand our knowledge about rehabilitation of the active, sports-minded individual. We don’t just treat your symptoms—we evaluate all of your body’s movements to see what areas may contribute to the cause of your discomfort. This allows us to develop an individually-specific treatment program that addresses your functional deficits. Ultimately, you will learn to move correctly without pain and gain knowledge to improve function, while minimizing any chance of recurrence.

Directions from I-5:

From I-5, south or northbound, take the I-705 exit (exit #133) toward City Center. Take Schuster Parkway to the Stadium Way exit. Turn right onto Stadium Way. About half a mile up the hill, turn left on Division Ave. We are on the right hand side, corner of Division and Tacoma Ave., in a newer brick building at the top of the hill. We are in the same building as Coldwell Banker, on the same floor.

Directions for locals:

We are located on the corner of Tacoma Avenue and Division Avenue, one block from Stadium High School.



Hours:

7:00 a.m.—6:30 p.m.

Latest available appointment at 5:30 p.m.



Phone: 253.274.1884
Fax: 253.274.1885
www.3dimensionalpt.com



*Keeping you moving
in the right direction.*



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SERVICES

Pre and Post Operative Rehabilitation

Spine and Extremities

Individualized pre and post surgical programs, designed to enhance recovery.

Orthopedic Injuries

Sprains, Strains, Fractures, Dislocations, or Pain

Swelling reduction and restoration of joint motion followed by a progression of dynamic exercises to enhance strength, range of motion, and balance.

Sports Injuries

Increase your mobility, strength, balance, and agility while minimizing your chances of re-injury. High-level sports-specific exercises to allow you to return to play.

General Spine (Neck and Back)

Work Related Injuries, Motor Vehicle Accidents, General Pain

Restoration of motion and alignment followed by exercises to improve spine stability. Posture and body mechanics are also emphasized.

Foot Pain

Comprehensive lower extremity (hip, knee, ankle, foot) assessment. Exercises, shoe and/or orthotics recommendations and video walking analysis available.

Home Exercise Program/Patient Education

Personalized pictorial exercise sheets. Education on cause of injury and how to prevent recurrence.

SPECIALTY PROGRAMS*



Running/Gait Analysis and Biomechanical/Functional Movement Assessment



Full-body biomechanical assessment. AlterG anti-gravity treadmill.



Titleist Golf Fitness Instruction

Improve swing efficiency, distance and accuracy.



Orthotics

Casting and fitting for over the counter and custom made orthotics.



Individualized Exercise Program

Personalized exercise programs for optimum performance.



Sportsmetrics ACL Injury Prevention Program

Improve jumping, landing and cutting mechanics.



Bike Fitting

Improve efficiency, reduce discomfort with a proper bike fit.



Corporate Fitness

Minimize work related injuries with pre-work stretching and exercise program.

*Individual handouts are available.

APPOINTMENTS

Patients may be seen at 3Dimensional Physical Therapy and Sports Conditioning with or without a written referral for physical therapy. Many insurance companies, however, require a written referral and/or pre-authorization for payment of physical therapy services. We accept most insurance, including, but not limited to:

- Aetna
- Cigna
- DSHS
- First Choice
- Group Health
- L & I Claims
- Medicare
- Molina
- Motor Vehicle PIP
- Premera Blue Cross
- Regence
- TriCare
- Uniform Medical
- United Healthcare

Your first appointment will last approximately one hour and will consist of a current and past injury history and physical examination to determine the nature and severity of your injury. We will also do some form of treatment and provide a home exercise program when appropriate.

Appointments can be scheduled by calling us at 253-274-1884.

For more information visit our website at www.3dimensionalpt.com

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