



## Get back to the activities you love

“One of our major goals as physical therapists is to relieve patient anxiety through education. Your comfort throughout recovery is as important to us as the end-result –restoring your body’s full physical potential, and getting you back to the activities that define your livelihood.”

—Chris Krug, MSPT  
Director of Rehab Services

*“Chris, Mary and Rebecca have all been so great with me; they have created a physical therapy plan that is designed to my specific needs.”*

—Jack Tuttle

*“With the help of SRO’s physical therapy staff, I have regained full rotation and mobility of my hand.”*

—Paul Hentz

*“I now go to SRO for all my orthopaedic needs because of the skill, warmth and kindness of Dr. Degenhardt, his medical assistant Mary, my physical therapist Chris Krug, and all of the staff at SRO.”*

—Kathie Barclay

**S**RO’s physical therapy offers patients the possibility of alleviating some of their pain that they have, in many cases, endured for years. Still, improvement doesn’t always happen overnight. The road to recovery might sound daunting to patients when they show up for their first appointment, since rehab alone may take anywhere from a few weeks to three months. Many patients, however, notice significant reductions in pain and increases in their range-of-motion within the first week of their recovery.



To guide patients toward their pain-reduction goals, SRO offers Sonoma County’s premier Sports Medicine and Rehabilitation Center. This bright, spacious 10,000-square-foot facility is equipped with state-of-the-art technology and staffed by highly skilled physical and occupational therapists. In 2011, SRO treated over 2,300 physical therapy patients, totaling about 30,000 visits.

SRO’s exemplary occupational therapists, physical therapists, and surgeons work together to identify each patient’s specific needs and to tailor treatment accordingly. Our surgeons communicate any information that may be relevant to the patient’s rehabilitation directly to the physical therapy staff. In turn, SRO’s team of physical therapists keep in close contact with each patient’s surgeon throughout the rehabilitation process. This synergistic, collaborative approach between physicians and physical therapists utilizes the knowledge of specialists from two parallel

vocations in orthopaedic healthcare, and produces exceptional outcomes for our patients.

Together, physical therapists Chris, Tom, Pat, and Kim bring over 90 years of professional experience to SRO. They have completed extensive postgraduate education in Orthopedics and Sports Prevention and Rehabilitation, and they stay current on the most recent research in evidence-based therapy. Additionally, our staff and patients appreciate our occupational therapists, Jennifer, Carolyn, and Bruce. All of our occupational therapists are Board

Certified Hand Therapists, guaranteeing their expertise in treating everything from carpal tunnel syndrome to complex post-surgical cases. Our therapists also fabricate specialized splints designed to protect muscles, tendons, and joints.

Each patient’s first visit consists of an hour-long appointment, during which an SRO medical professional will develop a personalized physical therapy plan. In the appointments that follow, the physical

therapist provides detailed, one-on-one instructions, explaining how to perform simple exercises within the patient’s comfort zone. By design, the recovery program helps the patient reach his or her body’s physical potential at a relaxed, individualized pace.

It’s hard to overestimate the significance of physical therapy in restoring quality of life. An effective post-surgical recovery program can improve flexibility, strength, coordination, balance, and general endurance both early in recovery and for many years to come. SRO’s expert team helps each patient achieve these benefits without an excessive investment of time or uncomfortable physical strain. With the collaborative efforts between surgeons and physical therapy team, SRO’s rehabilitation program delivers the best overall orthopaedic care throughout recovery, turning an otherwise frustrating process into a source of excitement and self-confidence.