

BAINBRIDGE BUSINESS SPOTLIGHT



Story & photo by Laura Liming

Suzy Powers, Owner New Motion Physical Therapy & Fitness Studio

"Laughter is healing," explains Physical Therapist and New Motion Physical Therapy owner Suzy Powers. She and other staff therapists keep this important motto in mind as they design their programs. "That's why people enjoy coming here, because of that element of fun," says Suzy.

This element of focused but fun therapy is apparent as you enter the company's new location off Hildebrand across from Prudential Real Estate. Instead of a sterile, hospital like environment, you are greeted with deeply colored walls, and wide open spaces with a warm, cozy atmosphere. Though the atmosphere is cozy and comfortable, the therapists here focus on serious healing - providing skilled, individualized care. To begin, each patient receives a full sixty-minute appointment, and most therapists have a range of 5 to 16 years experience that includes postgraduate training in manual therapy and advanced training on tissues and joints as to how they relate to the whole of a person's well being.

"Many times when a person does not recover from an injury, it's because the whole chain was not treated. Instead, only the exact area that is in pain is being treated, which does not necessarily get to the cause of the problem," explains Powers. "Also, some, athletes who have suffered an injury hesitate to come to physical therapy because they think they will be forced to stop their activities." But, Suzy stresses, "the goal is to keep athletes and others going while they are recovering - not to make them stop."

This type of treatment is representative of how the field of physical therapy has changed in recent years. Whereas the focus of therapy used to be on getting people up and walking after an illness or accident, the area of physical therapy has been greatly expanded to deal with a plethora of physical conditions.

New Motion Physical Therapy of Bainbridge Island is a prime example of how the field of physical therapy has expanded to deal with not just those who are injured, but also those interested in maintaining and creating greater physical health. New Motion offers a variety of programs to fit any situation. Whether it is the athlete looking to enhance performance, or the patient who has suffered an illness and is working to regain her health.

To that end, since opening the clinic just over two years ago Powers has worked to enhance the services offered. The first step in reaching that goal entailed a move in early March, which relocated the clinic from a small office building along Parfitt Way to a spacious new area along Hildebrand. The move provided for a reception area, 3 treatment rooms, 3 open treatment tables and an area for administrative offices, as well as a 950 square foot studio located at the back of the building, which more than triples the previous space and allows for plentiful parking.

Along with the physical expansion, New Motion has added to their core staff, growing from a staff of eight last year, to sixteen. Notable new faces include Physical therapist and Bainbridge native Angie Hanson, as well as Lisa Lund (formerly of Bainbridge HMC), and Aaron Robinson, a noted therapist who moved from Memphis to join New Motion. In addition to the physical therapists and administrative support staff, New Motion has added Massage Therapist Jennifer Shevitz to their staff, and also offers more than 30 classes in the studio behind the office. The classes offered range from yoga to Pilates to Hip Hop. Though about half of the classes are taught by regular staff, the other half are instructors who contract with New Motion, and offer their own classes, using the studio as the venue. A sampling of those classes includes Ballet Belly dancing and Qi Gong. Classes are limited to just 12 to 15, and though drop-ins are welcome at some classes, you must call ahead to assure there is space.

Another special service is the Women's Health Program. The program uses current technology such as biofeedback and electric stimulation to address issues women may deal with during and following childbirth, including chronic lower back pain, lack of strength and stress incontinence. "Women who were coming in for other reasons would describe these problems to us. We have developed this program to address their needs," said Powers. New Motion also specializes in orthotics to help relieve painful foot problems and to adjust the knees and back to provide better body alignment, and is involved with the www.moveonby.com website, which was established earlier this year to keep the community informed regarding local recreational dance and exercise opportunities.

In the same way that New Motion has tailored its programs to address community needs and the issues of its patients, Powers has been continuously and pleasantly surprised by the incredibly supportive attitude of the Bainbridge community. "Without them, we couldn't have gotten this far." She explains that much of the way the new space is laid out and many of the new programs invented have been in part, a response based on feedback from current patients and the community. It has culminated in a successful venture that Suzy hopes to continue for some time to come.

New Motion

Physical Therapy

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