



"I am very grateful for the staff at Health Quest Therapy, for their professionalism the support and understanding that they showed to me while I am undergoing my quest for a healthier me."

Get back to your life!

You never truly appreciate your body until it's injured or impaired. That's when you realize that the loss of physical function is life-changing. It could be pain, or simply the ability to perform daily tasks. Perhaps it's missed work or too many days off the playing field. In any of these cases, the goal is to get back to living your life.

Your trusted source for Certified Hand Therapy.

At Health Quest Therapy we offer specialized therapy treatment programs for a wide range of upper-extremity problems. Our Certified Hand Therapists CHT begin by completing a thorough hand evaluation with the goal of identifying weaknesses and limitations while considering the unique needs of each patient. After our evaluation is complete, an individualized, comprehensive treatment program is developed to restore normal function to your injured hand or upper extremity.



Occupational Therapy.

When the pain of injury, or post-surgical recovery threaten your independence, the Occupational Therapy team at Health Quest is ready to help. Health Quest Therapy specializes in the individualized care you need to get you back to your life after injury, surgery, or other life-altering events.

Occupational Therapy at Health Quest is designed to restore your ability to achieve independence completing daily tasks and return you to full physical function as quickly as possible through specialized treatment strategies.

Health Quest's Occupational Therapists are specifically trained in treatment modalities and procedures which could include:

- Manual (hands-on) treatment
- Stretching
- Soft-tissue and joint mobilization
- Modalities for pain control
- Custom splinting
- Therapeutic ultrasound
- Iontophoresis
- Electrical stimulation & TENS
- Taping techniques

Quality Physical Therapy care provided by capable therapists.

Breaks. Sprains. Twists. Joint problems. Tendon injuries. Whether they happen on the field, at work, or in the car, most injuries are musculoskeletal in nature. Treating these kinds of injuries is one of our primary focuses at Health Quest Therapy.

We are experienced not only in therapy to rehabilitate the injury but also in post-surgical recovery and conditioning patients for a return to their life, their work, and even their sport.

Our therapists complete a methodical evaluation using a multi-system approach. After the evaluation is complete, the therapist then develops a comprehensive, treatment plan that focuses on joint mobility, soft tissue, function, strength, and flexibility in order to restore normal function to the injured area. Our goal is to be thorough and address all functional limitations found during the evaluation. Then we provide the patient with the best means for a complete recovery.

Health Quest's Physical Therapists are specifically trained in treatment modalities and procedures which could include:

- Cervical stabilization
- Lumbar stabilization
- Rotator cuff programs
- Soft tissue massage
- Therapeutic exercise
- Spinal mobilization
- Joint mobilization
- Ultrasound
- Patient education
- Manual therapy
- TENS
- Low level laser
- Physical agents (heat and ice)
- Neuromuscular stimulation



Customized therapy designed for results.

We provide comprehensive therapy treatment designed around your body, your work, your sport and your life. In other words, our care is centered on you – from proven therapy programs and conveniences to the personalized, thoughtful attention we give you at every turn.

We bring together skilled therapists, a complete range of proven therapy solutions for adults and children of all ages with genuine dedication to your individual needs. Health Quest Therapy will provide the focus and skill to put you on the path to recovery for most musculoskeletal disorders. Below are some of our specialties.

- Sports injuries
- Auto and work injuries
- Back and neck treatment
- Upper-extremity therapy including:
Shoulder, elbow, arm, wrist and hand pain
- Lower-extremity therapy
- Arthritis
- Carpal tunnel syndrome
- Headache and muscle fatigue
- Sprains and strains
- Tendon injuries, tendinitis and bursitis
- Post-surgical rehabilitation
- Total joint replacement rehabilitation
- Oncology rehabilitation
- Incontinence & pelvic floor disorders
- Lifestyles wellness programs
- And more



www.HealthQuestTherapy.com

Serving Wasilla, Palmer, Eagle River, North Anchorage and Talkeetna:

Eagle River

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Wasilla

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Talkeetna

Mile 4.4 Talkeetna Spur Road, Talkeetna, AK 99676
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Health Quest Therapy, Inc.

Physical, Occupational and Pediatric Therapy



**FREE 15 Minute
Assessment**

**We Accept Most
Insurance Plans**

**Convenient Hours
and Locations**

**Serving Patients
of all Ages**

www.HealthQuestTherapy.com

**Physical and
Occupational Therapy**