



**ORTHOPEDIC  
& TMJ  
PHYSICAL  
THERAPY  
CENTER**

- TMJ/Jaw Disorders
- Headaches
- Painful Neck, Back & Extremities
- Coccyx/Tailbone Pain
- Posture/Ergonomics
- Stress management Skills
- Pregnancy Aches/Pains
- Urinary & Fecal Incontinence
- Pelvic Pain
  - Vaginismus
  - Vulvodynia
  - Interstitial Cystitis
  - Painful Intercourse

*Carol R. Conrades, P.T.  
Heather A. Hannam, P.T.  
Cindy Roundtree, M.S.P.T.  
Rachel Sobczak, D.P.T.  
Jenna Valentine, D.P.T.*

**Phone 503-777-6746  
Fax 503-777-0023**

hands-onhealthcare.com

*9204 SE Mitchell Street  
Portland, Oregon 97266*

## IMPORTANT!

- Please be sure to complete **all** provided forms, making sure they are filled out completely and signed at the bottom when necessary.
- Be sure to bring a current insurance card and ID/Driver's License with you so we may scan a copy into your chart.
- Please complete your paperwork *before* arrival and allow 15 minutes for processing. **If you did not fill out paperwork, please arrive 30 minutes early.**
- Please be mindful when scheduling your appointment, as we have reserved exactly 60 minutes for your treatment. We pride ourselves on flexibility and are happy to accommodate each patient's scheduling needs to the level that our schedule allows. Frequent tardiness and last minute cancellations make it difficult to get all of our patients in. We appreciate your attention to this and will continue to work hard on getting each patient the dedicated care they need.

We thank you for your understanding and cooperation and look forward to seeing you!