



For Immediate Release

Contact: Melanie Herron

Phone: (541) 526-1347

Email: marketing@stepandspine.com

Concussion Expert Joins Step & Spine Physical Therapy Team

(Sisters, OR April 18, 2019) Step and Spine Physical Therapy co-founder and physical therapist Barrett Ford, PT is pleased to announce the addition of a new physical therapist who has expertise in post-concussion, neurologic and vestibular rehabilitation. Laura Ahmed, PT, DPT recently joined the team and began seeing patients at the Sisters clinic. Step & Spine Physical Therapy is a leading provider of physical therapy care with four locations throughout Central Oregon.

“With the growth we’ve experienced in recent years comes the opportunity to welcome some incredibly talented and experienced physical therapists to our team,” said Ford.

A graduate of Duke University’s Doctor of Physical Therapy program, Laura brings a wealth of knowledge and experience to Central Oregon. Laura gained extensive experience in concussion rehabilitation after working for five years as the assistant program lead for a multi-disciplinary concussion care management team.

Laura has studied, presented and lectured on the topic of concussion management. She has also completed electives in vestibular rehabilitation and women’s health. She enjoys all aspects of physical therapy and has a passion for empowering her patients through knowledge and education to achieve their goals so they may return to living life to the fullest.

“Following a head injury, it is often difficult to recognize the signs and symptoms of a concussion,” said Ford. “Having a physical therapist with expertise in concussion management and the multifaceted care required for effective treatment is a win not only for our clinic, but for Central Oregonians as well.”

Laura is currently accepting patients at the Step & Spine Physical Therapy Sisters clinic located at 625 N Arrowleaf Trail.

About Step & Spine Physical Therapy

For nine years, Step & Spine Physical Therapy has been helping Central Oregonians live more active lives by creating individualized therapeutic plans and by providing an education that empowers patients to achieve long-term positive results. The programs offered at Step & Spine



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Physical Therapy accomplish this through appropriate direction and treatment via mechanical diagnosis and therapy of the spine and extremities. With four Central Oregon locations in Bend, Eagle Crest, Redmond, and Sisters, Step & Spine Physical Therapy is here for you, regardless of where you live, work, or play. Step and Spine Physical Therapy will soon be offering care at Bend Cryo and Recovery.

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