

Jodi Decker BPT

Jodi Decker BPT, hails from Balanced Physical Therapy in Salmon Creek, and works along side Deb Lehner MPT, Shannon Turney DPT and Sheila Stoner ATC/PTA. Jodi is originally from the mid-west and has been practicing as a PT for > 25 years. She became interested in Physical Therapy after experiencing first the joy of running, and then some minor injuries while in High School and College Track (one of which may have been caused by poorly fit shoes!). She also observed her father's battle with tension headaches. In each case the treatments given seemed limited and she began to want to know and do more.

In treatment, Jodi investigates from head (and jaw) to toe (making corrective shoe orthotics if needed) so that she can determine components of the patients pain and dysfunction, and develop a very individualized plan. She implements techniques from many different Physical Therapy disciplines including Pilates, Strain/Counter Strain, Muscle Energy Technique (using your muscle to correct an asymmetry) and Neuro-muscular Massage. Asking her to define a specialty area is hard - she likes a challenge, so a favorite area of treatment is low back pain with sciatica. She is the mother of four athletes, so is busy as a PT at home as well as in the work place!