

## OPTM Saratoga / West Valley

### PHYSICAL THERAPY SERVICES

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We are located just off of Hwy 85 on Saratoga Avenue and are in the immediate area of Cupertino, Lynbrook, Harker, Westmont, Saratoga and Mitty high schools, West Valley and De Anza Colleges, and the Westgate Shopping Center.

#### **OPTM continues to evolve and add new therapeutic programs.**

**Fabrice Rockich DPT, OCS, CSCS** and the managing partner of our West Valley office, has recently been certified in the **Sportsmetrics®** program, which is an assessment and training program to prevent lower extremity injuries, especially the prevalent ACL injuries in females. This program includes video analysis of the motor control of the lower extremities during dynamic activities and a specific training program to correct deficiencies.

**Susan Casner-Kay PT, OCS, CAE** is a certified ergonomist, who is now providing ergonomic assessments and is a trainer in the revolutionary **MouseKeyDo®** keyboard program. Teaching people proper body mechanics is essential for both injury prevention and recovery. A person is most effectively educated by a specialty-trained professional.

**OPTM is a member of the PTPN provider network**, which allows us to be a preferred provider for over 100 different insurance plans. PTPN has the highest standards of documentation, outcomes tracking, organizational management and continuing education. We also service Medicare and worker's compensation patients.

We pursue the current best practice information and treatment, in order to better serve our physicians and patients. We have a monthly continuing education program, which is focused on the neuro-muscular system and normal and pathological human movement. Currently, we are collecting specific information from our referring physicians regarding their preferred protocols in order to provide a consistent continuum of care for each of their patients.

**OPTM** has been providing physical therapy services in the South Bay for 17 years. Our goals are to provide our physicians with accurate documentation of patient status, provide care by the highest qualified professionals and to treat everyone as we would like to be treated. We schedule appointments that are convenient for the patients and every effort is made to have the first appointment within 24 hours of the first contact.

#### **OPTM MISSION STATEMENT**

To provide the highest level of physical therapy service, while providing a safe and comforting environment. To continue to evolve in our profession and in our ability to provide customer service and to respect, enjoy and nurture our collegial relationships.