

## ABOUT US

Located on the Confederated Tribes of the Umatilla Indian Reservation, Yellowhawk Tribal Health Center is 7 miles east of Pendleton, Oregon.

Yellowhawk has been owned and governed by the CTUIR since 1996. Yellowhawk is more than a healthcare clinic; it operates as a non-profit organization that offers an array of programs and services to its community. The CTUIR Tribal Health Commission, Yellowhawk's governing body, is comprised of local tribal members as well as one CTUIR Board of Trustees representative. The Health Commission creates policies (subject to the Board of Trustees' approval) and works closely with the Management Team to develop a three year strategic plan in conjunction with an Annual Work Plan for Yellowhawk's success.

Yellowhawk promotes the wellness of Tribal members and other eligible patients through a Patient-Centered Medical Home, which includes providing and coordinating medical and dental services, mental and behavioral health counseling services, health promotion, disease and substance abuse prevention, community education and training to its patients.



ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.



AFTER HOURS NURSING  
TELEPHONE ADVICE: 541.966.9830

Our vision is to aid our Tribal community to achieve optimal health through a culture of wellness.

It is our mission to empower our Tribal community with opportunities to learn and experience healthy lifestyles.



## CONTACT US

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PO Box 160  
Pendleton, OR 97801  
541.966.9830  
info@yellowhawk.org  
www.yellowhawk.org

**DIRECT: 541.240.8462**

Callers with life-threatening emergencies, call 911 or visit the nearest emergency room immediately. When Yellowhawk is closed, service providers available are urgent care clinics located in the local or surrounding area.

For after hours assistance with a mental health crisis, please call 988 or text HELLO to 741741 or contact Community Counseling Solutions at 541.240.8030

National Suicide Prevention  
Lifeline 800.273.TALK  
(8255), or 911.



YELLOWHAWK  
TRIBAL HEALTH CENTER

# PHYSICAL THERAPY



*Yellowhawk provides high-quality, wrap around healthcare for the Confederated Tribes of the Umatilla Indian Reservation (CTUIR) and other eligible American Indians and Alaska Natives.*

*A service of our  
Allied Health Services  
Department*

# PHYSICAL THERAPY

## What is Physical Therapy (PT)?

PT is a health care profession that uses physical movement of the body to diagnose, treat, and prevent conditions that may affect quality of life. Our clinic is uniquely equipped with state of the art equipment and tools to treat and manage pain, improve range of motion, and increase strength to facilitate optimal mobility.

## What should I expect during Physical Therapy visits?

Your initial evaluation with the Physical Therapist will include meeting and discussing the impairments related to your medical diagnosis. The Physical Therapist evaluates your condition and sets PT goals with you. During future visits, treatments may be provided by either the Physical Therapist and/or the Physical Therapist Assistant. During your final appointment, you will meet with the Physical Therapist to assess the improvement you've made during the previous therapy sessions.

# WHAT DO I NEED TO DO DURING MY TREATMENT SESSION?

Your therapist will instruct you in treatments involving movements and exercises based on your plan of care. Sometimes exercises may be challenging, but they will be rewarding!

Be certain to inform your therapist of any changes in your medical condition or medications. Please inform your therapist of any symptoms of pain, fatigue, shortness of breath, dizziness, or nausea that may develop during your treatment.

## Do I need Physical Therapy?

PT may help improve symptoms of pain, weakness, balance, and other issues associated with your diagnosis. PT is a non-surgical, non-invasive treatment option that may help you recover from and prevent further injury.

Discuss with your Yellowhawk Primary Care Provider of how you may benefit from our PT services.

**WE SEE PATIENTS BY APPOINTMENT.  
PLEASE CALL AHEAD IF YOU THINK YOU WILL  
BE LATE. WE APPRECIATE 24 HOURS  
NOTIFICATION OF CANCELLATIONS.**

# OUR SERVICES

Physical Therapy (PT) is care that aims to ease pain and help you function, move, and live better. You may need it to:

- **Relieve Pain**
- **Improve movement or ability**
- **Prevent or recover from sports injury**
- **Prevent disability or surgery**
- **Rehab after a stroke, accident, injury, or surgery**
- **Work on balance to prevent a slip or fall**
- **Manage a chronic illness like diabetes, heart disease, or arthritis**
- **Learn to use assistive devices like a walker or a cane**
- **and more!**

