



Erin Olsen, PT, OCS

Erin provides a comprehensive treatment approach which includes a unique blend of techniques to address many of the body's systems, particularly the musculo-skeletal system, the nervous system, the articular system, the connective tissue system, and the cranio-sacral system.

In order to achieve optimal results with conservative therapy it is imperative to address all the systems that are involved in the patient's dysfunction which most practitioners that work with the body do not do. Erin attributes her success to looking at people in their entirety, listening carefully, and spending the one-on-one time that is needed with each person. She continues to aggressively pursue the cutting edge techniques that are needed to assist in healing people's bodies. Additionally, she emphasizes educating people about their dysfunctions and teaching them how to achieve and maintain optimal pain-free functioning independent of their therapist, thereby keeping the number of treatments to a minimum.

Healing Hands Physical Therapy  
1830 Blue Bonnet Place  
Encinitas, CA 92024

# Healing Hands Physical Therapy



Erin Olsen, PT, OCS  
Board Certified Clinical Specialist  
Orthopedic Physical Therapy

Located in Encinitas, CA  
Serving San Diego County  
Privately owned & operated

Tel/Fax: (760) 632-2495  
Cell: (805) 453-3765

Email: [erin@healinghandspt.biz](mailto:erin@healinghandspt.biz)  
Web Site: <http://healinghandspt.biz>



## Services Available

- Expert in evaluation and treatment of musculo-skeletal disorders.
- Effective Treatment of:
  - ~ back & neck pain
  - ~ headaches
  - ~ chronic or acute pain associated with injuries/auto accidents
  - ~ joint & soft tissue pain
- Offering:
  - ~ postural re-alignment
  - ~ patient education in therapeutic exercises for self treatment
  - ~ specialized manual therapy techniques including:
    - Strain-counterstrain
    - Cranio-sacral therapy
    - Myofascial release
    - Osteopathic techniques
    - Joint mobilization / Mulligan mobilization
  - ~ post-surgical rehabilitation
- Trained in McKenzie: Mechanical Diagnosis and Therapy



## Rates

1/2 hour — \$50.00

1 hour — \$85.00

1-1/2 hour—\$120.00

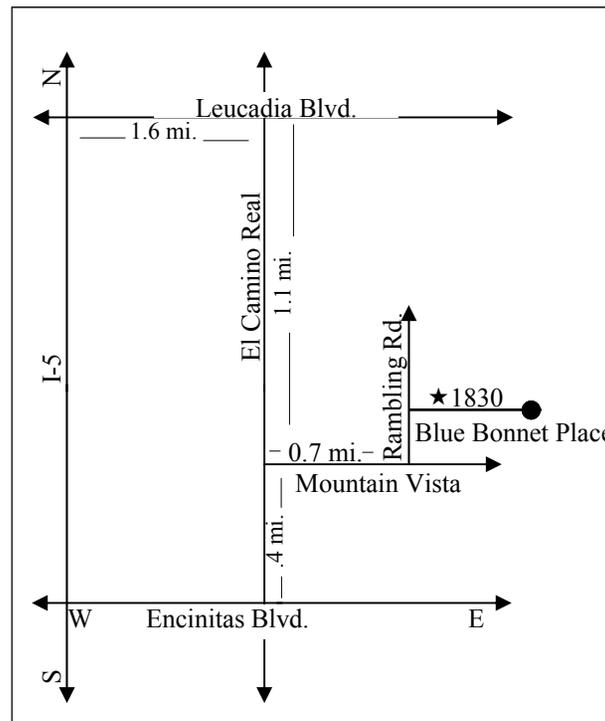
Initial Evaluation—\$40.00

On-site therapy available for an additional charge.

Most insurance plans accepted.

Gift Certificates Available

Please call (760) 632-2495 to schedule an appt.



1830 Blue Bonnet Place  
4th House on the left.



## About Erin

Erin Olsen is a board certified specialist in orthopedic physical therapy. Her expertise in the area of manual therapy may prove to help:

- alleviate pain
- restore energy level
- improve your sleep
- alleviate headaches and anxiety
- restore body alignment
- improve your game
- improve your flexibility & sense of general well-being

Erin graduated from **The University of Vermont**, *cum laude*, in 1996, and has lived and worked in California for the last 9 years. Erin's private practice began in Carpinteria, CA in 2001.

She is continuing to work both in and out of her home in Encinitas, CA. So if you've tried other therapists who haven't been able to help you, perhaps it is time to give Erin's "Healing Hands" a try!

*"I never felt so good in years! And I have no hip, knee or shoulder pain after the one treatment you gave me."*

—Harriet Weiss, Century City, CA

*"The treatment really opened up my shoulder and it has enhanced my golf game."*

—Nancy Donaldson, Carpinteria, CA