

# About Us

## Setting the Standard for Over 25 Years

Swanson McArthur Physical Therapy is a physical therapist-owned and -operated orthopedic and sports injury rehabilitation physical therapy clinic. We have been serving the communities of **Carmichael, Fair Oaks, Citrus Heights, Orangevale, Sacramento, Antelope, and Roseville** for over 25 years, building and maintaining an excellent reputation in the medical community. A member of PTPN, our courteous and caring staff takes pride in providing the most comprehensive treatment available, considering the needs and goals of each patient.

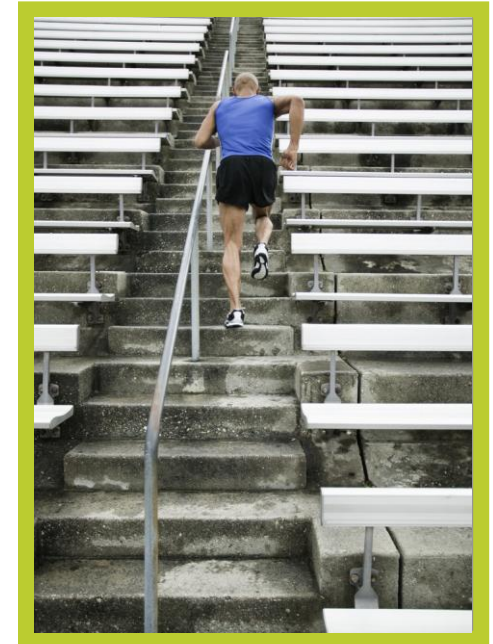
We specialize in the evaluation and treatment of all orthopedic and sports dysfunctions. Our physical therapists are licensed by the state of California and are members of the American Physical Therapy Association (APTA). Our full-time clinicians are board-certified Orthopedic Clinical Specialists (OCS), certified by the American Board of Physical Therapy Specialties.

*"Our entire staff is dedicated to your recovery."*

## Swanson McArthur Physical Therapy & Aquatic Center

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## Swanson McArthur Physical Therapy & Aquatic Center

"Restoring Function, Maximizing Performance"

**Quinn A. McArthur, PT, OCS**  
Owner/Director

**Paul E. Swanson, PT**  
Owner/Director

## Our Mission

### Educated Hands Dedicated to Helping Others

We provide comprehensive care for all orthopedic and sports injuries and dysfunctions. We utilize a variety of **manual therapy techniques**, therapeutic exercise, and extensive patient education to help our patients restore their function and maximize their performance.

Our physical therapists have completed extensive post-graduate coursework and training in advanced manual therapy and rehabilitation techniques. To further benefit our patients, our entire staff is involved in monthly in-services to promote clinical education and professional growth. We look forward to helping our patients achieve their goals.

We are dedicated to providing optimal healing and rehabilitation with accurate diagnoses, leading-edge equipment, and proven hands-on techniques. **We recognize that everyone is unique, so our treatments are customized to meet the needs of each patient.**

Our highly educated staff has dedicated itself to helping patients restore their function, reduce their pain, and understand how to prevent re-injury. We genuinely care about your recovery.



## Conditions Treated

Our clinical staff relies on extensive education and invaluable experience to properly address your injuries. Whether the result of a work injury, a motor vehicle accident, a sports-related dysfunction, or simply experiencing pain from daily activities we can help you restore your function and maximize your performance. **We treat:**

- Low back pain
- Sciatica
- Neck pain
- Shoulder pain/rotator cuff injury/repair
- Headache
- Joint replacement
- Work injuries
- Sports injuries
- ACL reconstruction
- Carpal tunnel
- Sprains/strains
- TMJ
- Plantar fasciitis
- Knee Dysfunctions

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## Services Provided

We use manual techniques, state-of-the-art modalities and injury-specific rehabilitation equipment to assist you in your recovery. **We provide the following services:**

- Joint mobilization
- Myofascial release
- Therapeutic exercise
- Aquatic therapy (on-site)
- ACL-specific rehab programs
- Rotator cuff repair programs
- Ultrasound
- Electrical stimulation
- Balance/proprioception training
- Bicycle fitting
- Personal training programs
- Youth soccer conditioning programs
- ACL educational sports-seminars
- ACL Injury Risk Screening
- Fall prevention programs

Should you have any questions regarding your current diagnosis or how our physical therapists can treat you, please call (916) 965-8900.

**Swanson McArthur**  
**Physical Therapy**  
**& Aquatic Center**