

Saturday Spotlight: Reno man, partners open therapy facility; embroidery serves military, youth sports
SPECIAL TO THE RENO GAZETTE-JOURNAL
12/31/2004 09:36 pm



Betty Aleck/SPECIAL TO THE RENO GAZETTE-JOURNAL

FERNLEY: Parley Anderson treats a patient at Sierra Orthopedic Athletic Rehabilitation and Research.

DETAILS:

SOAR Physical Therapy: Sierra Meadows Business Plaza, Highway 95A, Fernley; (775) 575-1818; open 8 a.m.-6 p.m. weekdays.

SOAR Physical Therapy By *Betty Aleck*

Ask Parley Anderson about new technology and treatment in physical therapy and he'll enthusiastically detail a wealth of information about the profession.

The 35-year-old Reno man and his business partners have opened SOAR (Sierra Orthopedic Athletic Rehabilitation and Research) Physical Therapy in the Sierra Meadows Business Plaza in Fernley.

Anderson said his philosophy is to "treat the whole patient, not just the injury." That might include other treatments such as joint mobilization, myofascial release (muscle release and relaxation), therapeutic exercise and electro stimulation.

Treating aches and pains at SOAR also includes instruction on appropriate exercise and lifestyle modification through home-exercise programs.

SOAR treats various joint and muscle injuries including injuries from motor vehicle accidents or industrial accidents, shoulder, hand, hip, knee, ankle injuries and other aches to joints and muscles and more.

Prior to coming to Fernley, this doctor of physical therapy worked at Sierra Regional Spine Institute in Reno and before that his work experience could be found in the physical fitness area where he worked as a personal trainer, wellness director and fitness supervisor.

With growth that has hit Fernley, he and his business partners decided to open SOAR.

"There is opportunity and growth in Fernley," he said. "The growth in the community provides for business opportunity for the medical community."

The office includes exercise equipment including treadmills, bicycle, free weights and three treatment tables.

"We want things out in the open," Anderson said. "With physical therapy, it's nice to have a social environment where patients can interact with each other during therapy."

He noted, however, if privacy were needed he would provide curtains.

Anderson grew up in Pahrump and attended the University of Nevada, Reno where he earned a bachelor's degree in education and an master's degree in fitness management. He then sought additional education at the University of the Pacific in Stockton, by gaining another master's in physical therapy and also a doctoral degree in physical therapy.

SOAR physical therapy, which plans a grand opening the end of the month, accepts most insurance polices for physical therapy treatment and Medicare.

Betty Aleck is the assistant editor of the Leader-Courier, a sister Gannett Co. Inc. newspaper.