

Shine Integrative Physical Therapy
2385 NW Westover Rd, Portland, OR 97210
(503) 715-7237

Welcome to Shine

We are honored that you have chosen Shine for your physical therapy needs. Shine is the first certified Postural Restoration Clinic on the West Coast. We look forward to sharing this unique and effective treatment with you.

Your first visit

Your initial evaluation is scheduled for 1 hour. Please bring or wear comfortable, exercise clothing (tank top and shorts) and supportive shoes, as well as your insurance card, credit card, and a prescription if you have one. Arrive 15 minutes early with the completed paperwork from this mailing.

Location

We are located on the corner of NW Westover Road, NW 24th Place and NW Flanders Street. The entire Shine clinic and is fully wheelchair accessible.



Directions

- From the West: Head east on Hwy 26 and take exit 73. Turn left on SW 20th Ave. Turn left on W. Burnside St.
- From the North: Head south of Hwy 405 and take the Burnside exit. Turn right on W. Burnside St.
- From the South: Head North on Hwy 405 and take exit 2A. Continue on SW 14th Ave. Turn left onto W. Burnside St.
- From the East or Downtown: travel west on W. Burnside St.

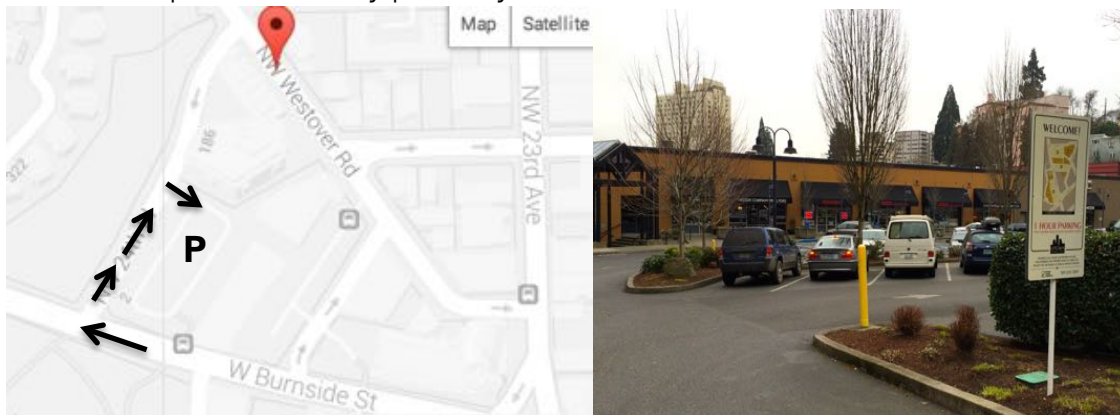
Once you are travelling west on W. Burnside St, take either route A or B:

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A. Take a right at the NW 23rd Place stoplight. Follow this one block. Turn left at stop sign. In less than 1 block (just past Ben & Jerry's), turn left into the Westerly Condominium's covered lot. This lot's entrance is essentially at the end of NW Everett Ave. You may park anywhere in the lot regardless of numbered spaces.



B. Take a right at NW 24th Place stoplight. This is the last major intersection before Burnside climbs uphill through the Forest Park. The 2-way road turns to a 1-way so you must turn right into the Uptown Parking lot. You will see Postal Annex, Chico's, and Doctor's Express. You may park anywhere in the lot.



Parking

Since most street parking is limited to an hour, please park in either the Uptown lot or the Westerly Condominiums covered lot pictured above. A daily pass is no longer required for parking over one hour. Despite signage that states 1 hour parking limitations in these lots, our clients will have an additional 1-hour grace period. However, if you are ticketed for walking off of the Uptown Center-Westerly Condo block, we cannot be responsible for waiving your fine.