



IVANKA KURAN
PT, DPT, OCS,
COMT, ATC

PHYSICAL THERAPIST



MEET THE DOC

Ivanka was born and raised in Canada where she received her initial Bachelor's in Physical Therapy from the University of Alberta. She then went on to receive her Athletic Trainer Certification from Mount Royal College. After moving to the US, she received her Doctorate in Physical Therapy from the College of St. Scholastica. She has achieved level IV certification in manual therapy through NAIOMT in addition to Orthopedic Specialty Certification.

Ivanka has worked in the Coeur d'Alene area since 2001. She has also received specific training for advanced spine and orthopedic conditions. Techniques include IASTYM, cupping, and dry needling in addition to manual therapy.

CARING
Caringly develops an individualized plan to help patients achieve their specific goals

COMMITTED
Committed to improving her patients' quality of life by reducing pain and improving daily function

COMPREHENSIVE
Comprehensive multidisciplinary approach to physical therapy using state-of-the-art techniques and procedures

Contact Us: (208) 457-4208

info@axisspinecenter.com axisspinecenter.com



Physical Therapy

We utilize an evidence-based approach with emphasis on manual therapy to restore joint mechanics. Physical therapy focuses on musculoskeletal issues and how to optimize strength, balance, and coordination to support bone anatomy and spine to prevent injury. Manual therapy, combined with exercise and core strength, minimize wear and tear help prevent further injury. Our joint approach is designed to be collaborative to optimize best care practices.

PRIMARY SERVICES

- » **NAIOMT Level IV Manual Therapy Certified (COMT)**
- » **Orthopedic Certified Specialist through APTA (OCS)**
- » **IASTYM**
- » **Kinesiotaping**
- » **Theragun Soft Tissue Work**
- » **Spinal Traction**
- » **McKenzie and Mulligan Techniques**
- » **Cupping Certification**
- » **Dry Needling Certified**

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