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Solving the mystery of pelvic pain

Advance Sports & Spine helps provide relief for clients experiencing discomfort

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A SPECIAL PUBLICATION OF PAMPLIN MEDIA GROUP/COMMUNITY NEWSPAPERS



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Plan a birthday party at the hair salon



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The store has goodies your pet can enjoy

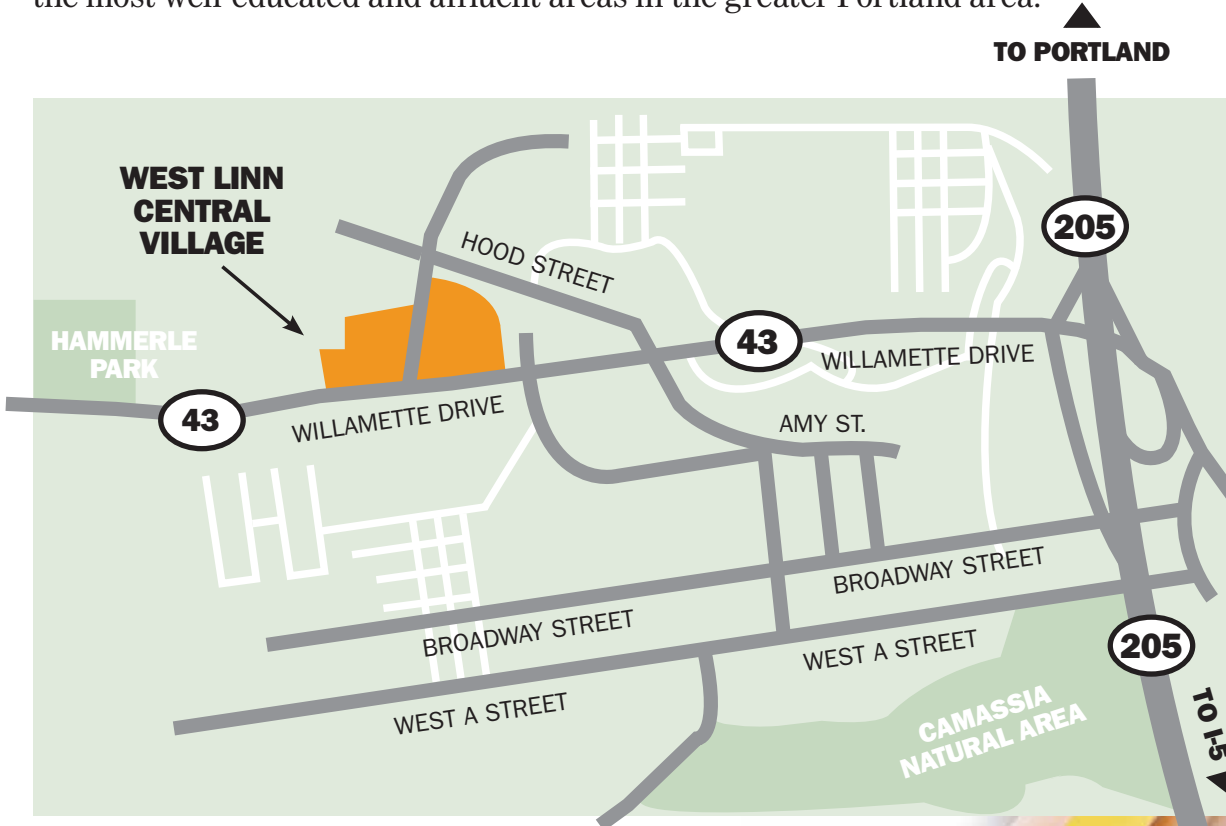


6 HOLIDAY SHOPPING
Buy gifts for loved ones in West Linn Central Village

West Linn Central Village Easy to find

Located at 21900 Willamette Drive in West Linn

West Linn Central Village is an open-air urban center with a “town square” feel in the heart of historic West Linn, Oregon. Prominently located on State Highway 43 (Willamette Drive) this upscale retail center is perfectly positioned to serve one of the most well-educated and affluent areas in the greater Portland area.



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On the cover:

Physical therapists Christine Hughes and Kristen Curtis view their role as investigators looking for the source of pain so they can help relieve it.

Photo by Jonathan House

Photographs of West Linn Central Village courtesy of Gramor. Some photographs supplied by Dreamstime.

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The physical therapists demonstrate a spinal component assessment for bladder problems and pelvic pain.

Relieve your pelvic pain at Advance Sports

The physical therapy clinic explains that pelvic pain can come from surprising sources

Story by: COREY BUCHANAN
Photos by: JONATHAN HOUSE

To physical therapist Christine Hughes, one of the reasons why working at Advance Sports & Spine Therapy in West Linn Central Village has proven satisfying is that the staff there are continually curious in their approach to their craft and about the latest scientific research.

She described the team as sleuths looking for every angle and clue to solving a mystery.

“We’re private investigators of the mechanical system,” Hughes said. “It’s a fun job to help people figure it out because they get their life back.”

For instance, Hughes and fellow spinal specialist Kristen Curtis can help patients resolve pelvic pain.

Hughes said that they see patients who have tried kegel exercises and still experience pain come to them and added that the pelvic floor (which the exercises can help relax) is oftentimes not the source of their discomfort. Hughes said issues with the rib cage, lower back and hip can spur pelvic pain.

“Seventy percent of the time those

have an impact on how the pelvic floor muscles are behaving,” Hughes said.

A few of the most common instances that lead to pelvic pain are a major car accident, pregnancy or a tumble.

“Any kind of fall. It could be 10-15 years ago. The tailbone can stay stuck. It causes a lot of problems when things don’t move. Ligaments get a load on them and you get that constant ache,” Hughes said.

The therapists spend the first couple of sessions gaining information to assess the source of the pain. They then conduct exercises with the patients that can also be replicated at home. Sometimes the pain will resolve itself in four-to-six visits while other times it may take 10-to-12. They also refer patients to a specialist depending on the root cause.

Hughes isn’t kidding when she says treatment can be life-changing — recalling how she once treated a man who had to urinate every 15 minutes for 20 years due to faulty interaction between the spine and the bladder. The issue was resolved in a few sessions.

“Some people are resigned to the fact that they won’t be able to work a job

again or lift anything heavy. Or they are going to need surgery. We hope we are giving people other options and helping them,” Hughes said.

Curtis has worked at Advance Sports for just a few months but has enjoyed her time so far.

“I like the atmosphere a lot here. I like the fact that everyone here is research-oriented and focused on getting better and learning more,” she said.

For more information on Advance Sports & Spine, visit <https://physical-therapy-portland.com>.



Physical therapists Christine Hughes and Kristen Curtis can help patients with pelvic pain and other issues.



Kristen Curtis educates about the bladder’s connection to spinal nerves.

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WestLinnTidings

Come join the fun at Sage Kids Salon

Along with haircuts, the shop offers birthday parties, ear-piercings and a relaxing environment

Story by: COREY BUCHANAN
Photos by: JONATHAN HOUSE

When considering a birthday party destination for their child, some may not think of a hair salon first.

However, Sage Kids Salon owner Barbara Perez said that birthday parties at her shop in West Linn Central Village have become an increasingly popular option for families.

During the parties, attendees can get their hair done as well as makeup, nail polish, removable tattoos and glitter applied. Further, attendees can bring their own food and drinks and staff will leave families to themselves for about half of the two-hour session. Sage Kids Salon offers these parties each Sunday afternoon from 3-5 p.m.

“After COVID a lot of people couldn’t have gatherings and so we thought there’s an awful lot of kids who haven’t had a proper birthday party,” Perez said. “It’s a good value. It’s different. It’s a lot of fun.”

Sage Kids Salon is a hairstyling shop geared toward children but also offers haircuts to adults as well. Kids can get their haircut in seats resembling vehicles and watch television while it’s happening. Further, there are toys to play with and Perez felt that the salon is quieter than some of the larger hairstyling establishments geared toward kids.

“We work really hard on that and to make it comfortable. As far as cleanli-

ness goes as well, we’re constantly cleaning, sanitizing. We’re mindful about that,” she said. “Our goal is to make families want to have their kids grow up there, feel comfortable there and we think of it as a social hub for our area.”

Further, she said the shop has expanded its array of accessories including toys, jewelry and more products for sale. They have hairstyling gel for younger kids, older kids, people with curly hair and more. Perez also noted that her ear-piercing service is very popular and that she uses 18-carat gold posts. She also can add tinsels to hair.

Not to mention, Perez noted that her staff is very experienced and good at working with kids — a couple have expertise in child behavior.

“We do a lot of activities together outside of the salon, team-building activities, and we’re a really good, strong staff. We don’t have much turnover at all, which is really different from those corporate-style salons,” Perez said.

The Sage Kids Salon owner added that the salon is festively decorated this holiday season.

“We want everyone to feel and look their best during the holiday season. We want people to feel comfortable and warm at our salon and welcome,” she said.

For more information on Sage Kids Salon, visit <https://sagekidssalon.com>.



Kids get their hair cut in vehicle-like seats at Sage Kids Salon.

“We want everyone to feel and look their best during the holiday season. We want people to feel comfortable and warm at our salon and welcome.”

- BARBARA PEREZ



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Wish your pet a happy holidays with treats

Find fun gifts for dogs, cats and pet owners at Nature’s Pet Market

Story and Photos by:
HOLLY BARTHOLOMEW

With the holiday season fast approaching, pet owners are thinking of the special gifts they’ll give to their furry friends this year. The staff at Nature’s Pet Market in West Linn tell dog owners to avoid one popular treat on the shelves of the pet aisle at many stores — rawhides. The popular dog chews are festively marketed in the shape of candy canes or in holiday packaging, but are made with bleach and glue.

Gloria, a Nature’s Pet employee of seven years, explained that the glue and bleach are indigestible and extremely harmful for dogs. As an alternative, she pointed to several long-lasting chews at Nature’s Pet, several of which are holiday-themed.

Gloria suggested chews from No-hide made with turkey, pumpkin, cranberry and brown rice powder. Nature’s Pet also has candy cane-shaped beef collagen chews and Snowy Sleigh Snacks from Barkworthies, which are made with beef esophagus. Unlike rawhide, these chews are made without bleach, glue and other synthetics and won’t harm your dog’s digestive system.

As another festive treat for canines, Gloria pointed to a selection of hand-made Christmas cookies in shapes like

candy canes, gingerbread men and Christmas trees.

Nature’s Pet also has several festive dog toys. In particular, Gloria highlighted the candy cane and gingerbread man toys from Fluff and Tuff. Fluff and Tuff’s toys are made with a mesh liner and double-stitched, meaning they won’t rip apart like other stuffed dog toys.

For feline friends, Gloria recommended toys from Yeoww!, which include catnip shaped like Christmas trees, candy canes and menorahs. Gloria also suggested the felt catnip toys from HausPanther.

Further, the Nature’s Pet employee remarked that it’s important to show pets love during the holidays.

“Pets are an important part of our lives and our families and we want to treat them special,” she said. “Pets give so much to us and our lives; we want to give back to them.”

Lastly, Nature’s Pet also has a few gift ideas for pet owners, starting with handknit ornaments depicting a variety of breeds of cats and dogs. The adorable ornaments are made by Chilly Dog and cost about \$15.

Gloria also suggested new Pet House candles, car fresheners, wax melts and air fresheners, which come in several lovely scents and help eliminate pet odors.

“
Pets give so much to us and our lives; we want to give back to them.
- GLORIA
”



Nature’s Pet in the West Linn Central Village sells hand-knit cat and dog ornaments and collagen beef chew shaped like candy canes.

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Wishing Well Owner Selena Ross and her team arrange fresh holiday “door dashers” and wreaths.



Backyard Bird Shop in the Central Village has a wide selection of unique yard décor like bird baths, wind chimes and bird houses.



In addition to beautiful bouquets and flower arrangements, Wishing Well offers neat gifts like mugs, candles and more.

Find all your holiday gifts in Central Village

Businesses of West Linn Central Village have something for everyone on your list

Story and Photos by:
HOLLY BARTHOLOMEW

As Christmas draws nearer, last-minute shoppers need not fear. The businesses of West Linn’s Central Village have something for practically everyone on your list.

Garlands, poinsettias and more

From cute decorations to stylish and homey decor to elaborate fresh flower arrangements, Wishing Well Floral and Gift Shop has plenty of gift options to explore. Owner Selena Ross and her team arrange beautiful fresh bouquets in all sizes and colors, as well as fresh wreaths.

For food-lovers

For the families and friends that love to eat, or maybe those who need a night off from cooking, consider a gift card to one of West Linn Central Village’s restaurants. Five-0-Three, La Sen and Sushi Hurray all offer gift cards. Known for its delicious dinner and cocktails, Five-0-Three also offers live music on Friday and Saturday nights, meaning giving someone a gift card is like gifting them dinner and a show.

Rejuvenate at the Central Village

Know someone in need of a day of pampering? Elements Massage and Do-

sha Salon and Spa, which are next door to each other in the West Linn Central Village, both offer gift cards. Elements offers deep-tissue, Swedish, prenatal, trigger point, sport and couples massages. Massages can be combined with aroma-therapy and incorporate hot stones or warm Himalayan salt stones. Dosha offers hair, makeup, facial and lash and waxing services in its relaxing, stylish West Linn studio. Find all sorts of neat gifts at Backyard Bird Shop, from jewelry and candles to socks, puzzles and amusing magnets. Of

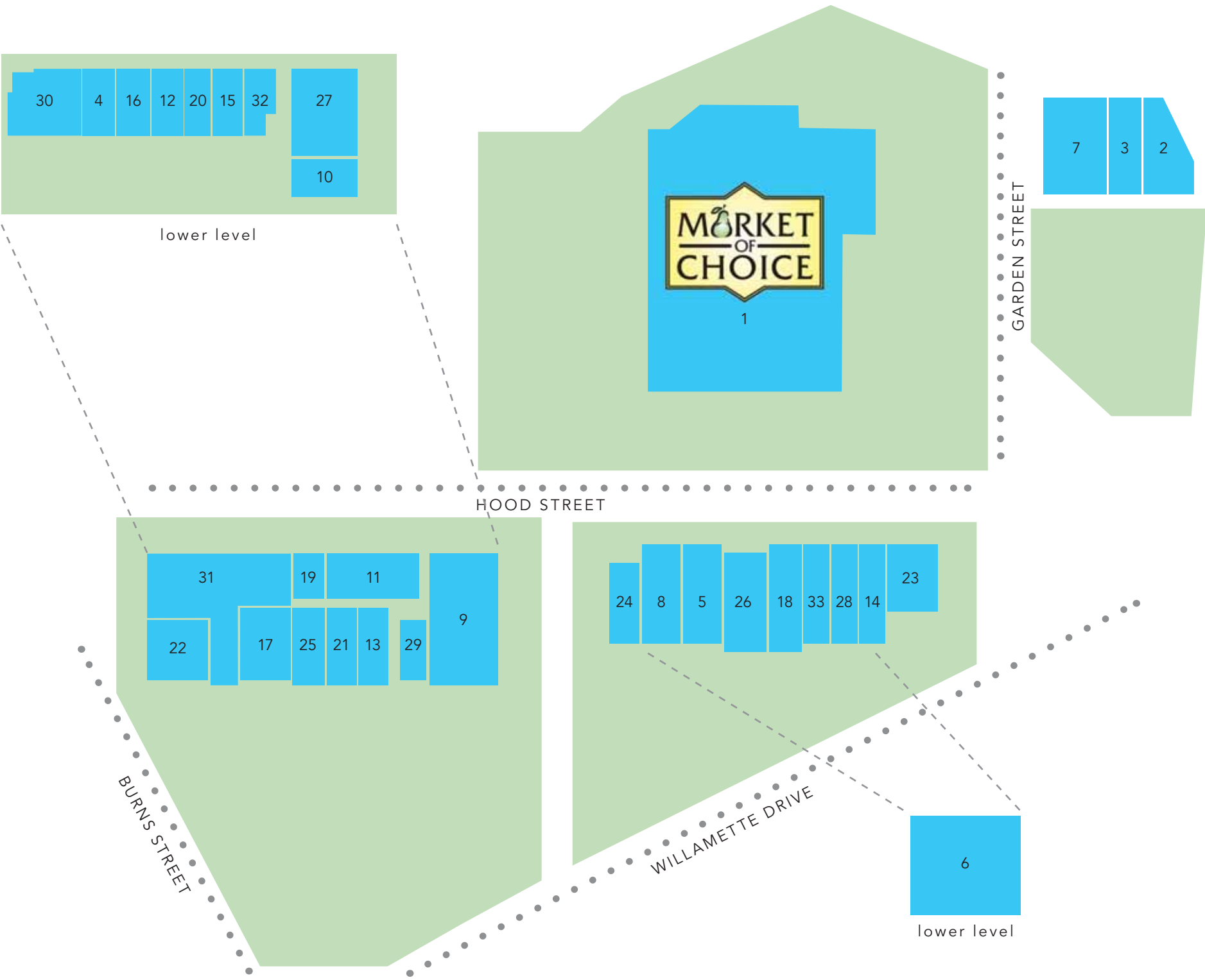
course, Backyard Bird also has all sorts of unique decor like bird baths, bird houses and wind chimes. *Give the gift of fitness* If you are shopping for a fitness fanatic, or you just want to make sure your dad sticks to his resolution this year, Fit For Life 365 and Club Pilates are here to help. Purchase a loved one’s membership at Fit for Life on a year-long, six-month or month-to-month basis. Fit for Life offers not only cardio and strength equipment and a variety of classes, but it does so in an inviting, community atmosphere.



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- 2. Advance Dental Arts Center 503-655-9300
- 3. Advance Sports and Spine Therapy 503-723-0347
- 4. Aqua Nail Bar 503-657-0053
- 5. Elements Therapeutic Massage 503-722-8888
- 6. Fit For Life 365 503-655-7702
- 7. Club Pilates – NOW OPEN – 503-218-3736
- 8. DOSHA Salon Spa 503-228-8280
- 9. Legacy Go Health Urgent Care 971-274-0038
- 10. One Taekwondo Academy 503-758-0318
- 11. Sierk Orthodontics 503-675-1239
- 12. Sage Kids Salon 503-344-4782
- 13. Sport Clips Haircuts 503-974-9600
- 14. Tan Republic 503-387-3479
- 15. You & Eye 503-723-3000
- 16. Sugaring NYC 971-867-0511

PARKING

OFFICE AND SERVICES

- 17. Advantis Credit Union 503-785-2528
- 18. FedEx Office 503-557-0709
- 19. Halcyon Financial Planning 503-928-4412
- 20. Lovell & Hall Real Estate Partners 503-807-2848

RESTAURANT AND FOOD SERVICES

- 21. Crumbl Cookies (opening 2023)
- 22. Restaurant (five-O-three) 503-607-0960
- 23. La Sen Vietnamese Grill 503-303-4445
- 24. Starbucks 503-656-7516
- 25. Sushi Hurray 503-305-7876

SPECIALTY AND OTHER

- 26. Backyard Bird Shop 503-303-4653
- 27. Banfield Pet Hospital 503-462-7100
- 28. California Closets 503-885-8211
- 29. Mathnasium of West Linn 503-305-8738
- 30. Nature's Pet Market 503-305-8628
- 31. Sundstrom Clinical Services 503-653-0631
- 32. Wishing Well Floral 503-557-3823

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