

QUICK REFERENCE GUIDE



SERVICES	LOCATIONS																		
	Arlington	Auburn	Auburn-Lakeland Hills	Bellevue - Crossroads	Bellingham	Bothell	Burien	Burlington	Kirkland	Lake Stevens	Lynnwood	Marysville - Smokey Point	Mercer Island	Mount Vernon	North Bend	Puyallup - Meridian	Puyallup - Summit	Redmond	Seattle - Northgate
24/7 Gym Access			✓							✓									
AlterG Anti-Gravity Treadmill	✓		✓																
Aquatic Therapy																✓			
ASTYM Therapy			✓				✓										✓		✓
Augmented Soft Tissue Mobilization	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Back Pain Therapy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blood Flow Restriction Therapy		✓	✓			✓			✓	✓	✓	✓	✓		✓			✓	✓
Breast Cancer and Oncology Rehab																✓			✓
Chronic Pain Management	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Concussion Rehabilitation			✓					✓	✓		✓		✓	✓	✓		✓	✓	✓
Custom Hand Splinting/Orthoses						✓	✓										✓	✓	✓
Custom Orthotics	✓		✓							✓		✓	✓						
Dry Needling	✓								✓	✓	✓		✓			✓			✓
Edema Management														✓					✓
Elbow and Wrist Pain	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ergonomics Instruction	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Foot & Ankle	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Functional Capacity Evaluation														✓					
Gait Analysis	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hand Therapy						✓	✓										✓	✓	✓
Hand Therapy Non-Surgical Hand, Wrist & Elbow	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Headaches	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
Knee Pain	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lymphedema																	✓		
Manual Physical Therapy	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Massage Therapy					✓					✓				✓					
McKenzie Method											✓		✓						
Medical Nutrition	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Motor Vehicle Accident Injury Recovery	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Orthopedics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pelvic Health (Female Only)								✓	✓										✓
Pelvic Health (Male & Female)								✓											
Prehab	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Post-Op Care	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shoulder Pain	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sports Physical Therapy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
TMJ Disorder Therapy	✓			✓	✓	✓		✓	✓			✓		✓		✓			✓
Vestibular Imbalance Therapy	✓	✓	✓		✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Weight Loss Metabolic Management	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Workplace Injury Therapy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Work Rehabilitation Conditioning		✓			✓			✓						✓		✓		✓	
Work Rehabilitation Hardening														✓					

LOCATIONS

ARLINGTON

103 E. 3rd St., Ste. 200
P: 360.363.4246
F: 360.925.6342

AUBURN

801 Auburn Way North, Ste. E
P: 253.736.2340
F: 253.736.2343

AUBURN - LAKELAND HILLS

1620 Lake Tapps Pkwy. SE, Ste. 115
P: 253.939.7179
F: 253.939.7182

BELLEVUE - CROSSROADS

1299 156th Ave. NE Ste. 125
P: 425.502.7081
F: 425.679.6902

BELLINGHAM

814 Dupont St.
P: 360.671.2900
F: 360.671.2828

BOTHELL

19110 Bothell Way NE, Ste. 203
P: 425.939.2806
F: 425.939.0732

BURIEN (PT AND HAND)

275 SW 160th St., Ste. 105
P: 206.513.2155
F: 206.513.2886

BURLINGTON

135 W Fairhaven Ave., Ste. 101
P: 360.755.9111
F: 360.755.1320

KIRKLAND

12910 Totem Lake Blvd. NE, Ste. 105
P: 425.823.8631
F: 425.814.4731

LAKE STEVENS

925 Frontier Cir. E, Ste. 100
P: 425.377.1290
F: 425.377.1169

LYNNWOOD

19217 36th Ave. W, Ste. 102
P: 425.670.9991
F: 425.670.9995

MARYSVILLE - SMOKEY POINT

17020 Twin Lakes Ave., Ste. C101
P: 360.658.8400
F: 360.658.2606

MERCER ISLAND

7900 SE 28th St., Ste. 102
P: 206.232.9045
F: 206.232.8871

MOUNT VERNON

110 N Laventure Rd., Ste. A
P: 360.428.2700
F: 360.428.2701

NORTH BEND

400 Main Ave. S
P: 425.888.1156
F: 425.888.6167

PUYALLUP - MERIDIAN

1707 3rd St. SE
P: 253.841.3041
F: 253.841.3061

PUYALLUP - SUMMIT (PT AND HAND)

3801 5th St. SE, Ste. 220
P: 253.445.4258
F: 253.445.4724

REDMOND

(PT AND HAND)

15600 Redmond Way NE, Ste. 100
P: 425.883.9089
F: 425.869.1355

SEATTLE - NORTHGATE (PT AND HAND)

10564 5th Ave. NE, Ste. 205
P: 206.486.3337
F: 206.502.1027

SEATTLE - SOUTH LAKE UNION

1000 Dexter Ave. N, Ste. 320
P: 206.486.3344
F: 206.832.4733

SEATTLE - UNIVERSITY DISTRICT

906 NE 45th St.
P: 206.347.0414
F: 206.502.1010

SEDRO-WOOLLEY

709 Cook Rd.
P: 360.873.8191
F: 360.873.8196

WOODINVILLE (PT AND HAND)

14229 NE Woodinville Duvall Rd., Ste. 025
P: 425.658.0110
F: 425.658.5310



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REV 8/26