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IRG Physical & Hand Therapy Encourages Whole-body Wellness With “Your Best Self” Campaign

IRG Physical & Hand Therapy Provides Three-month Challenge to Staff and Community Members to Increase Physical and Mental Wellness, Community Involvement

MILL CREEK, WASH., January 12, 2022: Over the final quarter of the business year, IRG Physical & Hand Therapy presented their employees with a challenge to prioritize health, wellness and community connection. With the company’s “Your Best Self” campaign, staff members from over 35 clinics throughout the Pacific Northwest worked to increase their physical activity, improve their mental health, and intentionally reach out to surrounding community members.

From October through December of 2021, employees received a monthly challenge to focus on a specific area of personal wellness. Several clinics used the “Your Best Self” campaign as a way to connect with their patients, displaying the challenges at check-in counters and sharing employee participation on social media.

In October, the “Your Best Self” campaign encouraged participants to become more active. Each clinic received a monthly calendar with daily tasks to complete. Tasks ranged from going to bed earlier than normal to taking a pet on an extra long walk.

November’s “Your Best Self” challenge promoted mental health awareness. Clinics received a bingo card filled with various tasks meant to prioritize self-care. The goal of the challenge was to accomplish enough tasks throughout the month to complete a “BINGO” across the board. Many clinics completed the full sheet for a “blackout” bingo, participating in tasks such as wearing their favorite t-shirt and scheduling a personal care appointment.

In December, staff members were prompted to connect with their local neighborhood. Using a “This or That” format, employees were provided with two options each week to engage in some form of community service. Options included writing letters to local nursing homes or veterans serving overseas, calling a local non-profit organization to host a donation drive, and cleaning up litter around their clinic location.

IRG Physical & Hand Therapy employees were excited to participate in this quarter-long campaign, citing that the “Your Best Self” challenges would not only benefit themselves but would also impact their patients.

Alison Thomas, clinic director and physical therapist at Riverside Physical Therapy, said, “I believe that being my best self is enjoying what I do and always being grateful for what I have. That means enjoying the things that keep me healthy, like exercise, good food and sleep to refresh me to start every day with a smile and feeling good about myself.”

“I help my patients be their best selves by leading by example,” said Thomas. “Even when it may be a struggle, I believe a positive environment is the first step to recovery.”

IRG Physical & Hand Therapy provides a wide variety of wellness programs to help patients get back to feeling like their best selves. Specialized services include pre- and post-surgical rehabilitation, performance enhancement, athletic training, massage therapy, nutrition services and more.

Those looking to learn more about IRG Physical & Hand Therapy’s “Your Best Self” campaign can find more information on the company’s [Facebook](#) and [Instagram](#) pages.

Interested parties can call (425) 316-8046 or visit IRGPT.COM to book an appointment at their nearest neighborhood clinic location.

About IRG Physical & Hand Therapy:

IRG Physical & Hand Therapy is the Northwest’s premier physical and hand therapy group. The organization is dedicated to providing services that improve the lives of its patients and that contribute to the enrichment of its surrounding communities. IRG holds its desire to make a positive impact in the areas that its patients live, work and play as a priority of the utmost importance. The IRG family of clinical and administrative staff and providers are innovators when it comes to partnering with community members to develop programs, collaborate on projects, establish networking relationships, and pioneer initiatives that give back to local causes.

IRG Physical & Hand Therapy is headquartered in Mill Creek, Wash. and operates over 35 outpatient orthopedic clinics throughout the Puget Sound region. More information about the organization can be found at IRGPT.COM.

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