

IRG THERAPY SERVICES

PHYSICAL THERAPY

Our team of physical therapists are committed to helping you become your best self. That's why we offer a multitude of services to help our patients recover. This includes:

- Biomechanical assessment
- Geriatric rehabilitation
- Manual therapy
- McKenzie method
- Pre- and post-surgical rehabilitation
- Spine rehabilitation
- Sports injury rehabilitation

HAND THERAPY

We provide a positive and practical approach to helping patients care for their upper extremity conditions. Our hand therapists have a variety of skills and certifications to assess and treat conditions, help decrease overall level of pain, and return to daily activities and hobbies. Our hand therapists provide:

- Desensitization/sensory re-education
- Hand/upper extremity rehabilitation
- Manual hand therapy
- Pediatric hand therapy
- Scar management
- Sports hand injury rehabilitation
- Upper extremity orthosis fabrication
- Wound care

SPECIALIZED SERVICES

At IRG, we believe offering fully-integrated rehabilitation helps our patients recover faster. While physical and hand therapy is the core of our business, many of our locations offer additional services, including:

- Acupuncture
- Aquatic therapy
- Astym® therapy
- Balance and falls prevention
- Blood flow restriction
- Bowen therapy
- Craniosacral therapy
- Ergonomic analysis
- Gait analysis
- Parkinson's/LSVT BIG® Program
- Lymphedema treatment
- Massage therapy
- MELT Method
- Men's health
- Myofascial decompression
- Nutrition
- Orthotic fabrication
- Pediatric physical & speech therapy
- Pelvic floor therapy
- Tensegrity™ Therapy
- Therapeutic yoga
- TMJ/TMD & headache treatment
- Vestibular rehabilitation
- Women's health
- Work conditioning

IRG Physical & Hand Therapy

P: 425.316.8046 | IRGPT.COM



ADDITIONAL PROGRAMS

ATHLETIC TRAINING

We know that athletes need specialized care to prevent injury from occurring. That's why our certified athletic trainers work with all ages including professional, college and high school athletic teams across the state to provide emergency medical services both on and off the field. When an injury does occur, our trainers are specifically and uniquely qualified to provide sport-specific emergency care, as well as rehabilitation services and injury prevention. IRG offers 24-hour complimentary support for any sports-related injury. Call or text 1.855.IRG.OTPT (1.855.474.6876) for guidance.

Contact athletictraining@irgpt.com to learn more about our athletic training services.

SPORTS PERFORMANCE

With out qualified and certified Strength and Conditioning Specialists®, IRG will take you or your athlete to a new level of performance and confidence in sports. Age and experience-based programs ensure athletes are training at correct levels with an emphasis on proper technique for any sport. We provide optional monthly athletic assessments to ensure that you are getting the results you're looking for.

Movement development includes:

- Dynamic flexibility
- Sports-specific biomechanics training programs
- Reaction and coordination
- Energy systems
- Development and conditioning
- Proven injury prevention systems

Strength development includes:

- Strength training with certified performance specialists
- Core strength
- Power development
- Multi-joint and multi-planer strength
- Development sports-specific training programs
- Off and in-season programs
- Integrated injury reduction and continuing rehabilitation

Contact athletictraining@irgpt.com today for a *free trial* and athletic assessment!

WORKPLACE SERVICES

Our therapy services extend beyond the clinic and the playing field. In our Industrial Athlete program, we are dedicated to providing superior training in wellness, safety and preventative education for your team. We offer treatment opportunities for those in demanding positions to reduce the chance of injury and pain, With out qualified and certified employees.

We offer:

- Biomechanical assessments
- Complimentary education services
- Ergonomic assessments
- Industrial/L&I rehabilitation
- On-site wellness and clinic programs
- Preventative care
- Safety meeting presentations
- Work conditioning and return to work services

Contact industrialathlete@irgpt.com for more details.

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Patient: _____ DOB: _____ Phone: _____

Diagnosis: _____ ICD-10: _____

Precautions: _____

Therapist evaluate and determine use of procedures, modalities, and/or frequency of treatment.

Custom splinting: _____

Treatment frequency: _____ x per week for _____ weeks Provider recheck Date: _____

Provider signature: _____ Provider print: _____ Date: _____

OUR CLINICS



= HAND THERAPY LOCATIONS

Please see specialized therapy options on the backside.

ANACORTES

- IRG PHYSICAL & HAND THERAPY – ANACORTES
 1610 Commercial AVE, Suite 1-A
 P: 360.682.0361 • F: 360.209.6601

ARLINGTON

- IRG PHYSICAL THERAPY – ARLINGTON
 7728 204th ST NE, Suite A
 P: 360.403.8250 • F: 360.403.0917

BELLEVUE

- IRG PHYSICAL & HAND THERAPY – BELLEVUE
 1200 112th AVE NE, Suite C-186
 P: 425.827.5877 • F: 425.827.5843


BONNEY LAKE

- IRG PHYSICAL & HAND THERAPY – BONNEY LAKE
 9411 192nd AVE E, Building D, Suite E
 P: 253.268.5105 • F: 253.258.3298

CAMANO ISLAND

- IRG PHYSICAL THERAPY – CAMANO ISLAND
 848 N Sunrise BLVD, Suite F104
 P: 360.386.7051 • F: 360.386.3588

EDMONDS

- IRG PHYSICAL & HAND THERAPY – EDMONDS
 7315 212th ST SW, Suite 104
 P: 425.774.3226 • F: 425.670.1406

EVERETT

- IRG PACIFIC HAND THERAPY – EVERETT
 3732 Colby AVE
 P: 425.374.2846 • F: 425.374.3272

- IRG PHYSICAL THERAPY – EVERGREEN
 5029 Evergreen Way
 P: 425.252.1642 • F: 425.258.1824

- IRG PHYSICAL THERAPY – NORTH EVERETT
 1332 Colby AVE
 P: 425.470.4040 • F: 425.492.9355

- IRG PHYSICAL THERAPY – SILVER LAKE
 10207 19th AVE SE
 P: 425.337.3166 • F: 425.338.4596


- IRG PHYSICAL THERAPY – GRANITE FALLS
 403 W Stanley ST
 P: 360.691.4835 • F: 360.691.2545

ISSAQUAH

- IRG PHYSICAL & HAND THERAPY – HIGHLANDS
 2525 NE Park DR, Suite C
 P: 425.686.7654 • F: 425.341.9041


MARYSVILLE

- IRG PHYSICAL THERAPY – MARYSVILLE
 919 State AVE, Suite 101
 P: 360.386.7405 • F: 360.386.7406

- IRG PHYSICAL & HAND THERAPY – SMOKEY POINT
 2707 171st PL NE, Suite 101
 P: 360.386.7401 • F: 360.386.7402

MILL CREEK

- IRG PHYSICAL THERAPY – GATEWAY
 4220 132nd ST SE, Suite 101
 P: 425.686.7655 • F: 425.341.9060

- IRG CASCADE CHILDREN'S THERAPY – MILL CREEK
 16030 Bothell-Everett HWY, Suite 140
 P: 425.338.9005 • F: 425.337.0931

- IRG PHYSICAL THERAPY – MURPHY'S CORNER
 1519 132nd ST SE, Suite A
 P: 425.337.9556 • F: 425.357.9186

MONROE

- NORTHWEST SPORT AND SPINE – MONROE
 17792 147th ST SE
 P: 360.464.4358 • F: 360.217.4569


MOUNT VERNON

- IRG PHYSICAL THERAPY – MOUNT VERNON
 525 East College Way
 P: 360.826.7063 • F: 360.588.5314


MUKILTEO

- IRG PHYSICAL THERAPY – MUKILTEO
 11700 Mukilteo Speedway, Suite 503
 P: 425.349.9692 • F: 425.349.9694

OAK HARBOR

- IRG PHYSICAL & HAND THERAPY – OAK HARBOR
 275 SE Cabot DR, Suite A-05
 P: 360.914.5504 • F: 360.639.4079

PUYALLUP

- IRG PHYSICAL & HAND THERAPY – FREDERICKSON
 5610 176th ST E, Suite D-104
 P: 253.387.6078 • F: 253.256.6530

SAMMAMISH

- IRG PHYSICAL THERAPY – SAMMAMISH
 22620 SE 4th ST, Suite 240
 P: 425.200.0054 • F: 425.636.3272

SEATTLE

- IRG PHYSICAL & HAND THERAPY - BALLARD
 (Offering a range of holistic therapy services)
 2821 NW Market ST, Suite B
 P: 206.706.0063 • F: 206.508.1265

- IRG PHYSICAL & HAND THERAPY – GREENWOOD
 514 N 85th ST
 P: 206.900.8883 • F: 206.962.3792


- IRG PHYSICAL THERAPY – NORTH SEATTLE
 13242 Aurora AVE N, Suite 103
 P: 206.420.0221 • F: 206.420.0227

- IRG PHYSICAL THERAPY – WALLINGFORD
 1815 N 45th Street, Suite 202
 P: 206.752.6837 • F: 206.701.3398


SNOQUALMIE


- IRG PHYSICAL THERAPY – SNOQUALMIE RIDGE
 35323 SE Douglas ST, Suite 210
 P: 425.292.1477 • F: 425.363.1068

SOUTH SOUND CLINICS

- SS PHYSICAL & HAND THERAPY – DOWNTOWN OLYMPIA
 111 Market ST NE, Suite 108
 P: 360.754.7085 • F: 360.754.3671

- SS PHYSICAL & HAND THERAPY – EAST OLYMPIA
 360 Lilly RD NE, Suite A
 P: 360.486.0640 • F: 360.486.0641

- SS PHYSICAL & HAND THERAPY – WEST OLYMPIA
 1651 Cooper Point RD SW
 P: 360.956.1100 • F: 360.956.1113

- SS INDUSTRIAL & HAND THERAPY – OLYMPIA
 300 Lilly Rd. NE, Suite B
 P: 360.352.7352 • F: 360.352.7680

- SS PHYSICAL & HAND THERAPY – LACEY
 5215 Corporate Center CT SE, Suite D
 P: 360.455.8155 • F: 360.455.1655

- SS PHYSICAL & HAND THERAPY – TACOMA
 1901 S Cedar ST, Suite B-1
 P: 253.272.6910 • F: 253.383.4218



PHYSICAL THERAPY | HAND THERAPY
YOUR BEST SELF

REFERRAL FORM



South Sound
Physical & Hand Therapy

An affiliate of IRG Physical & Hand Therapy



NORTH WEST
SPORT AND SPINE

An affiliate of IRG Physical & Hand Therapy



SPECIALIZED SERVICES:

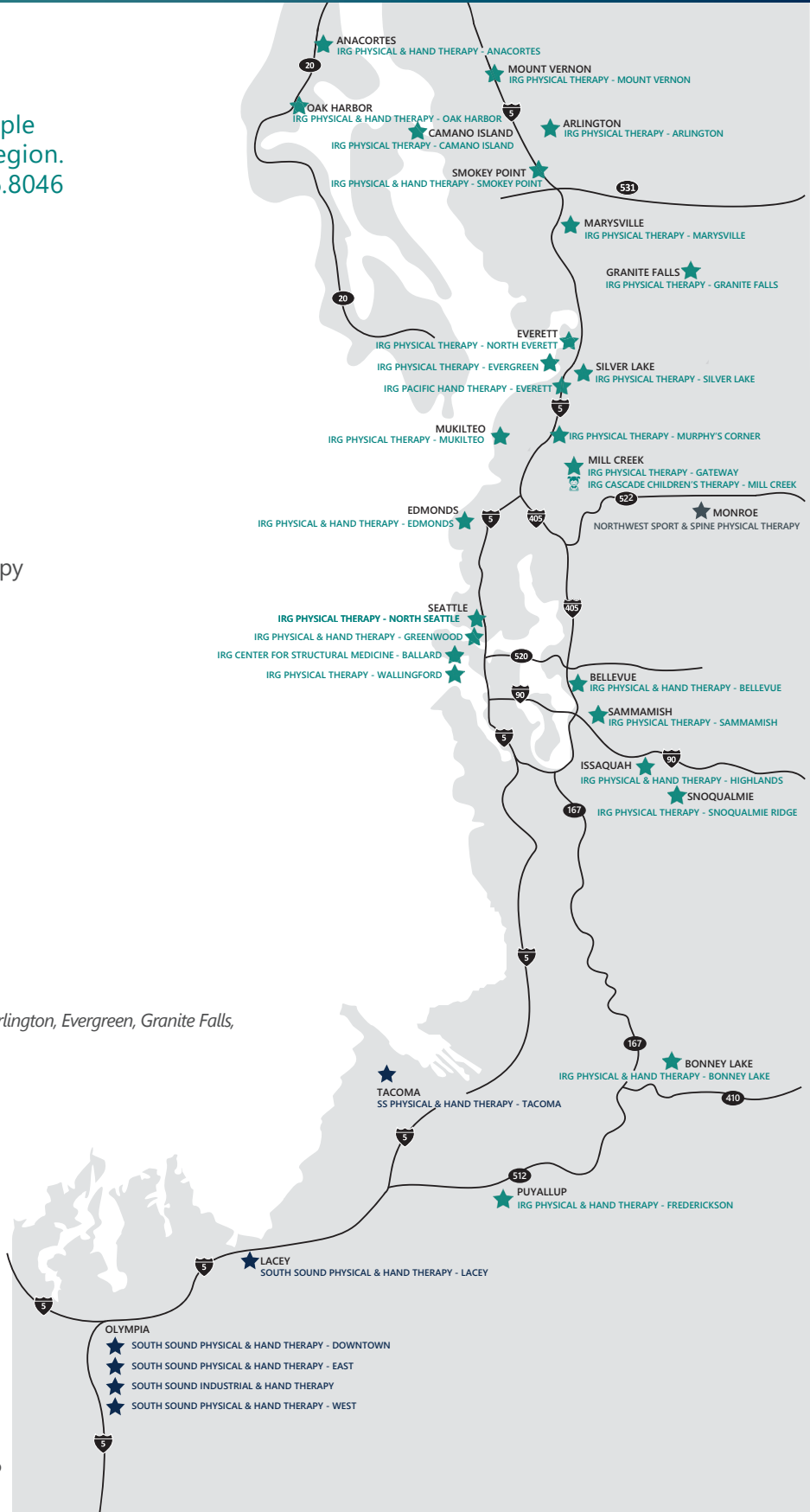
IRG's specialized services are offered at multiple locations throughout the Pacific Northwest region. Please visit our website or call IRG at 425.316.8046 to find the location nearest you.

- Aquatic therapy
- Astym® therapy
- Bowen therapy
- Gait analysis
- GYROTONIC®
- Lymphedema treatment
- Massage therapy
- Myofascial decompression
- Pediatric physical, speech and occupational therapy

INSURANCE LISTING:

IRG can assist in verifying your insurance. We accept most insurance plans including:

- Aetna®
- Auto insurance
- Blue Cross Blue Shield plans
- Cigna®
- Community Health Plan of WA
- First Choice Health®
- Humana
- Kaiser – PPO & POS
- Kaiser Permanente PPO and POS plans (*Anacortes, Arlington, Evergreen, Granite Falls, Marysville, Mount Vernon, and Oak Harbor ONLY*)
- LifeWise Health Plan of Washington
- Medicare
- Medicare Advantage Plans
- Molina Healthcare
- Premera Blue Cross
- Providence Health Plan
- Regence Blue Shield (*incl. AHN, BridgeSpan, HMA and Uniform Medical Plan*)
- TRICARE® - Health Net Federal
- US Family Health Plan
- UnitedHealthcare®
- VA – Veterans Administration
- WA Apple Health – Medicaid Plan
- Workers compensation – self insured, L&I, OWCP



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