



**IRG is dedicated to helping your patients become their best selves**

**Expertise + Compassion = Great Outcomes**

IRG Physical & Hand Therapy and our affiliates is the Northwest's premier physical and hand therapy group. We have 35+ locations throughout the Puget Sound, so your patients will never have to travel far to receive exceptional service. We are dedicated to providing the best care and service possible.

**96%**  
of our patients  
recommend us

### **INDEPENDENTLY-OWNED & OPERATED**

We feel our success is credited to our commitment to providing excellent care with exceptional results for our local communities. At IRG we recognize that each patient is unique, and we work hard to deliver high-quality and results-oriented care. We achieve this through our trained therapists, offering specialized therapy programs and continually valuing the importance of one-on-one care.

It is my hope that if you have patients in need of physical therapy or hand therapy, you will send them to one of our clinics. I am confident the service both you and your patients receive will be professional and reflect the value we place on our relationship with our patients and referral sources. We look forward to continuing our 25+ year relationship with our local medical communities.

If you should have any questions, please do not hesitate to call me at my office in Mill Creek at (425) 316-8046.



Sincerely,

M. Shannon O'Kelley, MPT  
President & CEO  
shannon.o'kelley@irgpt.com

### **- OUR LOCAL FAMILY OF BRANDS -**



**IRGPT.COM**



PHYSICAL THERAPY | HAND THERAPY  
YOUR BEST SELF

# IRG CONCIERGE

*One step is all it takes to  
connect your patients  
to quality care.*



**South Sound**  
Physical & Hand Therapy

An affiliate of IRG Physical & Hand Therapy



**We've made using our services easy —  
just one fax number for all your referrals!**

**425.541.8355**

When you choose IRG, the referral process is a breeze. Our concierge services connect patients to superior service and treatment tailored to their needs. IRG patients can choose the service that fits their schedule and lifestyle best so they can feel better, faster.

- **Send all referrals to 425.541.8355, regardless of your patient's location.**
- We will match your patient with **their best therapist** — suited to their diagnosis, location and insurance.
- We recommend creating a new "clinic" in your database for IRG Concierge:
  - **Clinic name:** Concierge Referrals - IRG & South Sound
  - **Fax number:** 425.541.8355
  - **Phone number:** 425.686.7660
  - **Address:** 4220 132nd ST SE, Suite 202 | Mill Creek, WA 98012
- Keep all other IRG/South Sound clinics in your EMR as-is. We will still accept faxed plan of care or doctor's notes to our clinics directly.



For more information about  
referring to us, scan here or  
visit [irgpt.com/referrals](http://irgpt.com/referrals).

**QUESTIONS? Our concierge team is here to help! Email us at [concierge@irgpt.com](mailto:concierge@irgpt.com)**



Our team of therapists are committed to helping your patients become their best selves. Our 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. That's why we offer a multitude of services to help your patients recover.



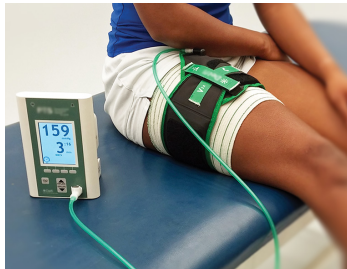
## PHYSICAL THERAPY

- Pre- and post-surgical rehabilitation
- Spine rehabilitation
- Injury prevention & rehabilitation
- Manual therapy
- Geriatric rehabilitation
- Biomechanical assessment
- McKenzie method
- Sports injury rehabilitation
- Blood flow restriction (BFR)
- *And more!*



## HAND THERAPY

- Pre- and post-surgical hand rehabilitation
- Hand/upper extremity rehabilitation
- Upper extremity orthosis fabrication
- Sports hand injury rehabilitation
- Geriatric hand therapy
- Desensitization/sensory re-education
- Astym®
- Kinesio Taping®
- Manual hand therapy
- Pediatric hand therapy
- Scar management
- Wound care



## SPECIALIZED SERVICES

- Acupuncture
- Aquatic therapy
- Astym® therapy
- Balance and falls prevention
- Blood flow restriction (BFR)
- Bowenwork®
- Craniosacral therapy
- Ergonomic analysis
- Gait analysis
- Parkinson's/LSVT BIG® Program
- Lung therapy
- Lymphedema treatment
- Kinesio Taping®
- Massage therapy
- MELT Method®
- Men's health
- Myofascial decompression
- Nutrition
- Orthotic fabrication
- Pelvic floor therapy
- Structural integration
- Tensegrity™ medicine
- Therapeutic yoga
- TMJ/TMD & headache treatment
- Vestibular rehabilitation
- Women's health
- Work conditioning



## PEDIATRIC THERAPY

- Physical therapy
- Occupational therapy
- Speech and language therapy
- Pelvic floor therapy

# ADDITIONAL PROGRAMS OFFERED



IRG works to provide holistic care to all — including cognitive care, nutrition services, workplace services, sports performance enhancement and athletic training for all levels.



## IRG BRAIN FIT

IRG Brain Fit combines cognitive training with physical therapy to help patients to boost brain recovery after events such as infection, acquired brain injury, stroke or concussion. IRG Brain Fit results in improved quality of life, learning and memory, and a higher return to work rate than many traditional approaches.

IRG Brain Fit can help patients who are struggling with:

- Returning to work or sports following an injury
- Cognitive decline
- Memory or recall
- Organizing and planning
- Cognitive sports enhancement



## NUTRITION SERVICES

Our registered dietitian nutritionist (RDN) works with patients to target and achieve realistic lifestyle goals to improve their health. We can help manage and prevent advancement of chronic disease conditions such as diabetes, heart disease, GI disorders, and high blood pressure, along with strategies to manage inflammation and weight. This service is available anywhere in Washington by telehealth to your patients.



## WORKPLACE SERVICES

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



## ATHLETIC TRAINING

When a sports injury occurs, our trainers are specifically and uniquely qualified to provide sport-specific emergency care, as well as rehabilitation services and injury prevention. IRG's athletic trainers are certified by the National Athletic Trainer's Association's Board of Certification, the only board recognized by the AMA to certify athletic trainers.

## PATIENT TESTIMONIES

*“Hands down the best experience I’ve had when it comes to a medical facility. All of the staff showed me true care and were very pleasant to work with.”*

- Thomas E.

*“After tearing my ACL, IRG helped me chase my dream of one day playing in the MLS.”*

- Jalen C.

*“As a designer, my hands are my career. After I got carpal tunnel, IRG got me back to creating again.”*

Brittany B.



# IRG PROVIDES CONVENIENT OPTIONS FOR YOUR PATIENTS



## IRG ON-DEMAND - WE GO TO YOUR PATIENTS!

With IRG On-Demand, patients can continue to receive the care that they need no matter what the circumstances are. IRG On-Demand connects patients to both physical and massage therapy from the comfort of their own home, gym or office. ***IRG can get your patients back to their best selves!***

We collaborate with Luna and IRG therapists to allow patients to receive convenient physical therapy and massage treatment at home regardless of scheduling needs or insurance.



Physical therapy at home, gym or office



Convenient appointments available seven days a week



Costs the same as PT in a local IRG clinic

Visit [IRGPT.COM/IRG-ON-DEMAND](https://IRGPT.COM/IRG-ON-DEMAND) for more information.

Email [beyondtherapy@irgpt.com](mailto:beyondtherapy@irgpt.com) for additional resources, flyers or questions.



## CONVENIENT ONLINE SCHEDULING AVAILABLE

*We make it easy for your patients to get care:*

- 35+ locations
- Specialized services available
- Virtual telehealth appointments
- Online scheduling
- IRG On-Demand home visits

[IRGPT.COM/REQUEST-AN-APPOINTMENT](https://IRGPT.COM/REQUEST-AN-APPOINTMENT)

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