



IRG Center for Structural Medicine - Ballard

At IRG Center for Structural Medicine - Ballard, you will find a mindfulness-based therapy practice located in the heart of Ballard. This clinic is unique to our traditional physical and hand therapy clinics in that we provide alternative therapies to help bridge the gap between traditional medicine and total mind-body healing. If traditional therapy has not quite worked in healing a patient, we are a great resource.

The human body is an amazing and complex matrix of systems working in harmony with one another to maintain a balance of optimal health and function. Our clinic's mission is to practice holistic, patient-centered physical and occupational therapy that facilitates a person's innate power to heal.

Our intention is to hold a safe space for restoring the whole self. The integrative team approach at IRG Center for Structural Medicine - Ballard honors the spirit of all who enter while helping to relieve suffering, enhance resilience, and restore function so that people may become their best self.

Please note*

IRG Center for Structural Medicine - Ballard does not accept Kaiser insurances. We require referrals to Occupational Therapy

Ballard, Washington is a vibrant, diverse neighborhood in the northwestern part of Seattle. As one of the oldest neighborhoods in the Seattle area, it's maritime and Nordic heritage provide a cultural foundation for this trendy hot spot. Ballard is home to boutique shops, unforgettable cuisine, and picturesque recreation. Nearby Golden Gardens Park offers one of the few sandy beaches around, and the Ballard Locks draws tourists and local residents alike. It's no wonder Ballard is growing at record pace.

HOURS

Monday: 8:00 A.M. - 5:00 P.M.

Tuesday: 8:30 A.M. - 5:00 P.M.

Wednesday: 8:00 A.M. - 5:00 P.M.

Thursday: 8:00 A.M. - 5:00 P.M.

Friday: 9:00 A.M. - 1:30 P.M.

Our Staff

Rachel Byrne

OTR/L, BBP, CLINIC DIRECTOR

Elizabeth Durkin

OTR/L, EAMP

Mary Slater

Barbara Dick

Vicki Luebbe

PT, FAAOMPT, DIRECTOR OF PT

Gina Peterson

DPT, OMPT, EP-C

Our Services

Physical Therapy

Pre and Post-Surgical Rehabilitation, Manual Therapy, Biomechanical Assessment, Geriatric Rehabilitation, Industrial and Occupational Rehabilitation, Spine Rehabilitation, Sports Injury Rehabilitation

Hand Therapy

Hand/Upper Extremity Rehabilitation, Sports Hand Injury Rehabilitation, Manual Hand Therapy, Pre and Post-Surgical Hand Rehabilitation, Hand Kinesio Taping, Geriatric Hand Therapy

IRG Center for Structural Medicine - Ballard

2821 NW Market Street
Suite E
Seattle, WA 98107

P: 206.706.0063

F: 206.508.1265

[Visit IRGPT.COM to learn more](http://www.IRGPT.COM)

Specialized Therapy

Myofascial Decompression, Women's Health

Workplace Services

Biomechanical Assessment, Industrial and Occupational Rehabilitation

Whole Body Therapy

Bowen Therapy, Therapeutic Yoga, MELT Method, GYROTONIC, Craniosacral Therapy, Tensegrity™ Therapy, Acutonics® Healing, Acupuncture