

## SPORTS PERFORMANCE ENHANCEMENT

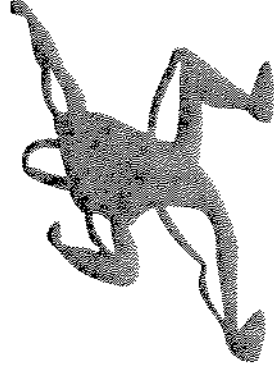
Are you ready for the upcoming season? Let the Certified Strength and Conditioning Specialists at *Everett Sports Performance* make sure that you are!

Athletes of all ages, all sports, and all activity levels are invited to come train in our world-class sports performance enhancement programs. Our performance team is committed to helping you take your game to the next level. No fads. No gimmicks. Just high-energy, action-packed training programs that make all others seem monotonous and routine.

Each athlete will train under our direct supervision in our *Athletes' Matrix Lifts*. These highly specialized training programs are specifically engineered to maximize the 3-dimensional, multi-directional, and explosive properties of athleticism.

At *Everett Sports Performance*, our athletes are also required to become students of our training philosophies and methods. Through greater understanding and education, we believe that you as an athlete can achieve higher levels of success in sports. This includes an understanding of your anatomy, posture, body-mechanics, sports nutrition, rest and recovery, and the art of leadership...all essential components in building and rebuilding our athletes.

So if you are tired of sitting on the bench, standing on the sidelines, or being winded at the end of the game, then you do not want to miss out on the best sports performance training Snohomish County has to offer. Chase your goals. Reach your goals. *Everett Sports Performance* will see you there!



# EVERETT PHYSICAL THERAPY

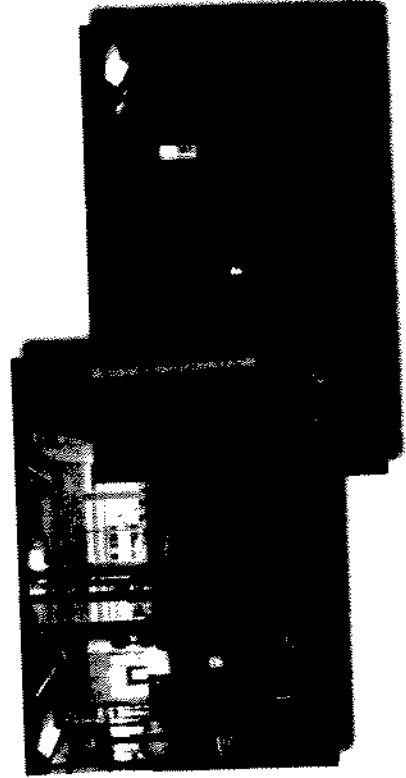
## SPORTS PERFORMANCE CENTER

AN IRG AFFILIATE

1502 Hewitt Avenue  
Everett WA 98201  
425-252-3908

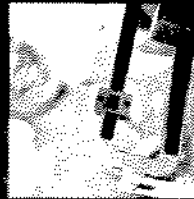
2000 Hewitt Avenue, Suite 115  
Everett WA 98201  
425-252-3908

[www.everettpt.com](http://www.everettpt.com)



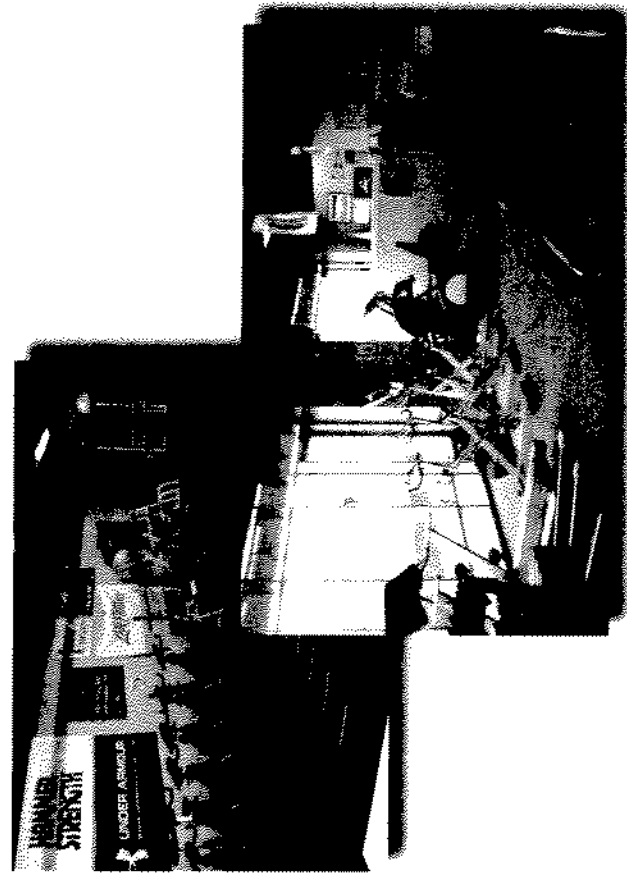
# results

We have built our reputation on a foundation of successful therapy techniques and exercise programs that yield results. We also recognize the importance of educating patients on their injury and recovery so they can continue to build on their success and move forward with their lives.



Our therapists are our greatest resource for assuring optimal outcomes for each patient. In addition to a degree in physical and occupational therapy, many therapists have additional training in specialized areas of therapy and are certified with NBCOT or members of the American Physical Therapy Association. We make patient education a priority and pride ourselves not only on our quality of care but commitment to thorough and complete communication.

# expertise



## WORK CONDITIONING

Missing work due to injury can be tough on you and the loved ones around you. At Everett Physical Therapy, we acknowledge this difficult situation and are here to help you. Our individualized and advanced work conditioning programs will help you get back to work and back to living again with a smile. We provide the motivation and inspiration; you bring the commitment and dedication to achieve your goals. You are not just a patient, but also one of our industrial athletes!

## ADULT-SPORT CONDITIONING

Be a part of our specialized training designed for the active adult. Come experience our comprehensive approach to promoting healthy, human performance. This unique training covers dynamic flexibility, CORE, power, posture, agility and balance. Re-discover your athletic spirit as you elevate your level of fitness and approach life with a new attitude.

## TEAM-SPORT CONDITIONING

Get ready for the upcoming season! Our 6500 sq. ft. athletes' training facility allows for your entire team to come participate in our world-class strength and conditioning programs. Come experience what teams like the Everett Silvertips, Everett Hawks, EVCC Athletics, Everett H.S., and Evergreen Soccer Academy experience as they strive to be the best in their sport!

## PERFORMANCE PHYSICAL THERAPY

At **Everett Physical Therapy & Sports Performance** we offer state-of-the-art performance physical therapy unmatched in Snohomish County. We have the knowledge and expertise to take you from acute and chronic levels of injury to a functional, pain free level of human performance. We go beyond the traditional approach to rehabilitation to ensure that you will experience world-class care specifically designed to meet YOUR concerns, YOUR needs and YOUR goals.

Our performance physical therapy techniques include specialized, multi-directional and multi-dimensional training that is designed to ensure a safe and timely return to the pleasures of life, work and sport. Additionally, we do not believe in isolating your injury from the rest of your body, but treat your body as a *whole* rather than as *parts*. Meaning, our performance therapy programs take a comprehensive approach to achieving health and wellness by including postural strengthening, dynamic flexibility, balance, core and cardio training.

Our expert staff at **Everett Physical Therapy & Sports Performance** is committed to providing a motivating and fun-filled environment to synchronize and improve function, shape, and power of mind. The results will speak for themselves, and only then can you achieve the health and wellness that is necessary to approach life with a winning spirit and the strength to succeed.





## **SPECIALIZED THERAPY**

- Aquatic Therapy
- Augmented Soft Tissue Mobilization (ASTYM)
- Balance & Fall Prevention
- Gait Analysis
- Massage Therapy
- Orthotic Fabrication
- Vestibular Rehabilitation
- Women's Health Therapy

## **BEYOND THERAPY**

- Athletic Training Services
- Injury and Performance Education Forums
- Nutrition Counseling
- Pilates
- Sports Performance
- Weight Management

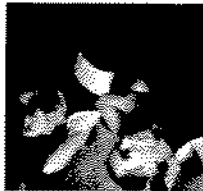
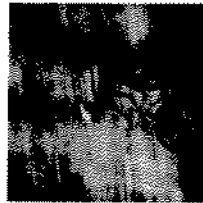


We want to make it easy for a patient to get the care they need. Our clinics are conveniently located throughout Snohomish and King Counties. We offer early morning and evening appointments



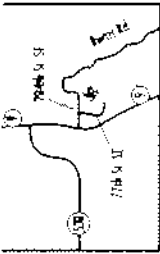
## **PHYSICAL THERAPY**

- Biomechanical Assessment
- Geriatric Rehabilitation
- Industrial / L&I Rehabilitation
- Manual Therapy
- Pre and Post Orthopedic Rehabilitation
- Sports Injury Rehabilitation

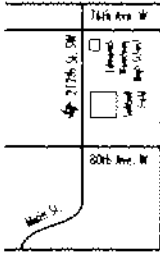


## **HAND THERAPY**

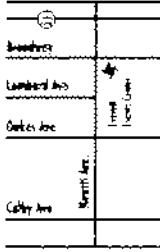
- Custom Splinting
- Desensitization / Sensory Reduction
- Ergonomic Training & Assessment
- Hand / Upper Extremity Rehabilitation
- Post-Surgical Care



**EVERGREEN PHYSICAL THERAPY CENTER & PILATES STUDIO**  
 5029 Evergreen Way  
 Everett, WA 98203  
 425-252-1642  
 425-258-1824 Fax



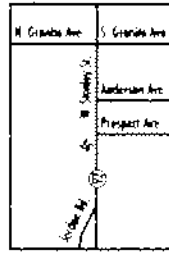
**GRANITE FALLS PHYSICAL THERAPY**  
 403 W. Stanley Street  
 PO Box 1825  
 Granite Falls, WA 98252  
 360-691-4835  
 360-691-2545 Fax



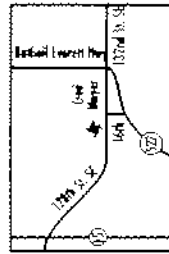
**MUKITEO PHYSICAL THERAPY**  
 11700 Mukiteo Speedway  
 Suite 503  
 Mukiteo, WA 98275  
 425-349-9692  
 425-349-9694 Fax



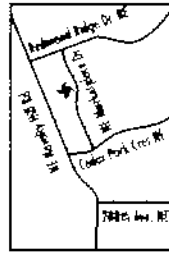
**MURPHY'S CORNER PHYSICAL THERAPY IN MILL CREEK**  
 1519 132nd Street SE  
 Suite A  
 Everett, WA 98208  
 425-337-9556  
 425-357-9186 Fax



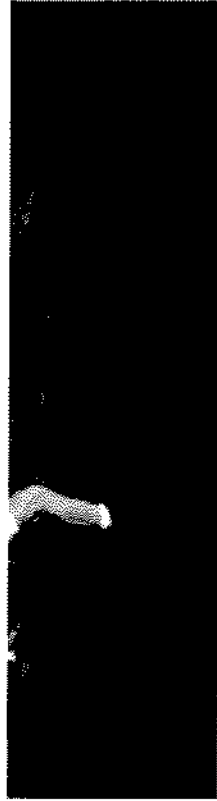
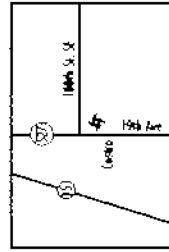
**SILVER LAKE PHYSICAL THERAPY**  
 10207 19th Avenue SE  
 Everett, WA 98208  
 425-337-3166  
 425-338-4596 Fax



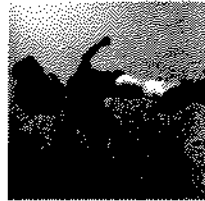
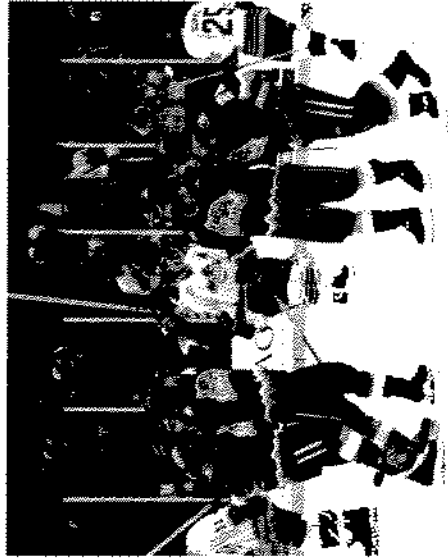
**SNOHOMISH PHYSICAL THERAPY**  
 1830 Bickford Avenue  
 Suite 209  
 Snohomish, WA 98290  
 360-568-7774  
 360-568-7779 Fax



**Athletic Trainer & Physical Therapy provider for the Everett Silverips Hockey Club**



**expertise  
 convenience  
 results**



**BEYOND**  
 PHYSICAL THERAPY



Physical & Hand Therapy Services  
 WWW.IRGPT.COM