

176 CLINIC LOCATIONS

ARLINGTON PHYSICAL THERAPY
 7728 204th Street NE, Suite A
 360-403-8250
 360-403-0917 fax

EDMOND'S HAND THERAPY
 7907 212th Street SW, Suite 219
 425-673-2673
 425-673-2663 fax

EVERETT PHYSICAL THERAPY & SPORTS PERFORMANCE CENTER
 2890 Health Avenue, Suite 115
 425-252-3908
 425-252-7940 fax

EVERGREEN PHYSICAL THERAPY CENTER & PILATES STUDIO
 5028 Evergreen Way
 425-252-1642
 425-258-1826 fax

GRANITE FALLS PHYSICAL THERAPY
 409 W. Stanley Street
 360-691-4835
 360-691-2545 fax

AQUATIC PHYSICAL THERAPY
 11700 Multnomah Speedway, Suite 503
 425-349-9692
 425-349-9694 fax

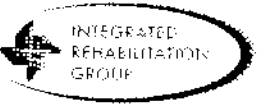
MURPHY'S CORNER PHYSICAL THERAPY IN MILL CREEK
 15119 132nd Street SE, Suite A
 425-337-8554
 425-337-9186 fax

PACIFIC AVENUE HAND THERAPY
 1100 Pacific Avenue, Suite 201
 425-374-2846
 425-374-3772 fax

REDMOND RIDGE PHYSICAL THERAPY
 22500 NE Montalpine Drive, Suite 204
 425-836-1034
 425-836-1037 fax

SILVER LAKE PHYSICAL THERAPY
 10207 19th Avenue SE
 425-337-3166
 425-338-4596 fax

SNOHOMISH PHYSICAL THERAPY
 1830 Dickford Avenue, Suite 209
 360-568-7774
 360-568-7779 fax



Physical & Hand Therapy Services

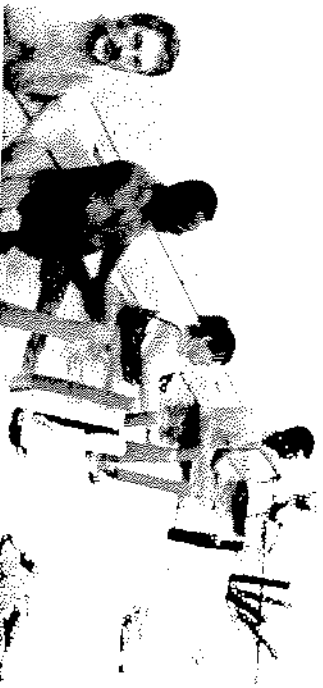
15119 132nd Street SE, Suite A
 Everett, WA 98208

AQUATIC THERAPY

ARLINGTON PHYSICAL THERAPY
GRANITE FALLS PHYSICAL THERAPY
MURPHY'S CORNER PHYSICAL THERAPY



Physical & Hand Therapy Services
 15119 132nd Street SE, Suite A
 Everett, WA 98208



Aquatic Therapy is a specialized form of physical therapy.

The reduction of gravitational forces in the water provides an ideal environment for treating all types of injuries. This often means therapy can begin sooner in water than on land. Patients who will most likely benefit from Aquatic Therapy include those who have:

- Recently had orthopedic surgery
- A chronic spine condition
- Difficulty exercising due to weight
- Pain while walking

Our Aquatic Therapy Program consists of supervised exercises performed in the water. Therapists make use of a broad spectrum of treatment options while in the pool. Swimming is not a prerequisite skill. Patients can perform each exercise while standing in the water, holding onto the side of the pool or using a flotation device.

- Facilitates muscle relaxation and increases peripheral circulation.
- Can improve flexibility and increased range of motion.

· Viscosity of water provides resistance for strength training.

· Warm water stimulates body awareness, balance, and trunk stability.

· Improves patient morale and confidence by providing a positive medium in which to function.

· Promotes cardiovascular fitness and encourages a method of exercise for life.

At IRG we're committed to providing care that's exceptional. We achieve this by assessing the unique aspects of a patient's condition and then developing a recovery plan tailored to their specific needs. We feel our success is the result of providing high-quality, results-oriented care and continually valuing the importance of one-on-one time with each patient.

For further information about our Aquatic Therapy Program, please contact one of our aquatic specialists:

Pool Location: Stillaguamish Athletic Club

Pool Location: Stillaguamish Athletic Club

Pool Location: West Coast Aquatics-Mill Creek