

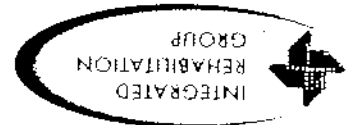
As with all of our therapy and exercise programs, we value the importance of educating clients. We believe thorough education on all Pilates exercises and how to safely modify them for different body requirements will help clients realize better results. We use verbal, tactile, visual cues and imagery to keep the movements natural and connected. Our instructor is a Licensed Physical Therapist who has expanded her training to include Pilates. This combination of training and experience offers clients an optimal training approach.

Arlington · Edmonds · Evergreen · Everett · Granite Falls · Mill Creek · Mukilteo · Redmond Ridge · Silver Lake · Snohomish

IRG CLINIC LOCATIONS

EVERGREEN PHYSICAL THERAPY
CENTER & PILATES STUDIO
5029 Evergreen Way
Everett, WA 98203

Physical & Hand Therapy Services
WWW.IRGP.COM



PHYSICAL & HAND THERAPY
PILATES
PHYSICAL THERAPY CENTER & PILATES STUDIO

WHAT IS

PILATES

Pilates is an integrated system of exercise that involves the complete coordination of the mind, body, and spirit. It is a graceful fluid exercise routine that requires concentration, control, centering, precision, flowing movement, and breathing. The focus is on core strengthening of abdominal, scapular, pelvic and trunk musculature. The overall effects on the body are improved circulation, oxygenation, uniform development, balance and elongation, and decompression of the spine.



EXERCISE

PROGRAMS

Every new client receives a comprehensive evaluation prior to initiating their Pilates exercise program. We offer all levels of Pilates workouts including mat routines and Reformer and Cadillac equipment. New clients start with private sessions. By working one-on-one with our Certified Instructor, clients will be introduced to the exercises and philosophy integral to the Pilates workout and how to modify them for their physical requirements. This includes use and relaxation of specific muscles and proper breathing techniques. All appointments are 55 minutes.

CERTIFIED

INSTRUCTOR



TYRA MALMBORG-O'KELLEY, MPT

Certified Pilates Instructor & Physical Therapist

- Specialization in Manual Therapy, Aquatic Therapy, Industrial Rehabilitation, PCE's and Sports Medicine
- 17 years of Practicing Outpatient Physical Therapy



INTEGRATED
REHABILITATION
GROUP

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