

IRG CLINIC LOCATIONS

- ARLINGTON PHYSICAL THERAPY**
7728 204th Street NE, Suite A
Arlington, WA 98223
360-403-8250
360-403-0917 Fax
- EDMONDS HAND THERAPY**
7907 212th Street SW, Suite 219
Edmonds, WA 98026
425-673-2673
425-673-2863 Fax
- EVERETT PHYSICAL THERAPY & SPORTS PERFORMANCE CENTER**
2000 Howell Avenue, Suite 115
Everett, WA 98201
425-252-3908
425-252-9940 Fax
- EMERGREEN PHYSICAL THERAPY CENTER & PILATES STUDIO**
5029 Emergreen 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
- MUKILTEO PHYSICAL THERAPY**
11700 Mukilteo Speedway, Suite 503
Mukilteo, 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
- REDMOND RIDGE PHYSICAL THERAPY**
22300 NE Marketplace Drive, Suite 204
Redmond, WA 98053
425-836-1034
425-836-1037 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
360-588-7774
360-588-7779 Fax

SPORTS MEDICINE PROGRAM



**INTEGRATED
REHABILITATION
GROUP**

Physical & Hand Therapy Services

WWW.IRGPT.COM

1519 132nd Street SE, Suite A
Everett, WA 98208



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SPORTS MEDICINE PROGRAM

All of our Athletic Trainers (ATC) and Certified Strength and Conditioning Specialists (CSCS) are educated and skilled professionals specializing in the prevention, assessment, treatment, and rehabilitation of athletic injuries and illnesses. They are medical professionals who work in cooperation with physicians, physical therapists and other health professionals to treat all types of athletes including individuals and middle school, high school and professional teams.

**IRG'S ATHLETIC TRAINERS ARE BOARD
CERTIFIED BY THE NATIONAL ATHLETIC
TRAINERS' ASSOCIATION**

CERTIFIED TRAINERS

Our Certified Strength & Conditioning Specialists (CSCS) have a four year Bachelor of Science degree and must pass the national board exam to work with collegiate and professional athletic teams.

Many of our Athletic Trainers have advanced degrees or additional certification in nutrition, sport specific training, special populations, Pilates, yoga, and rehabilitation techniques.

Athletic Trainers participate in continuing education courses and must stay current in healthcare CPR, First Aid and AED certification.

Our Athletic Trainers are involved in the community. They offer athletic training services to high schools, state high school competitions, local colleges, soccer clubs, sports camps, and athletic tournaments. They also provide summer sport camps for local schools and strength and conditioning programs for hockey teams and fire fighters.

Many Athletic Trainers lecture to coaching and parent groups, teams, and other medical professionals on topics including nutrition, injury prevention, dynamic sport training, and obesity.

SERVICES

SPEED & CONDITIONING CAMPS

We provide the latest industry information and skills to increase power, explosion, agility, strength, endurance, and coordination through the most effective and safest methods available. The camp will physically and mentally prepare the athlete and coach for the demands of the upcoming season.

COACHES CLINICS

These clinics cover a range of topics including first aid, CPR, nutrition, dynamic flexibility drills, and injury prevention. We will also work with you to develop a customized agenda for your program.

FIRST AID/CPR CERTIFICATION

Our course certifies you with the American Heart Association for two years in First Aid, CPR and AED. Courses can be customized for your organization.

FREE INJURY SCREENINGS

All IRG clinics offer free injury screenings to athletes, coaches and officials. The screening includes a brief evaluation and recommendation for treatment, prevention and exercises.

TOURNAMENT COVERAGE

Staffing an Athletic Trainer at your event means you have a trained professional whose priority is injury prevention and emergency care. This allows coaches and organizers to focus on their responsibilities.