



Contact: Suzette Hart
Development & Communications Manager
Pushing Boundaries
suzette@pushing-boundaries.org
425-869-9506

February 25, 2014

FOR IMMEDIATE RELEASE

Pushing Boundaries Celebrates Nine Years of Service to Paralysis Community

March marks nine year of service to the paralysis community for Pushing Boundaries, Puget Sound's exercise-based paralysis recovery center. Located in Redmond, Pushing Boundaries continues to be Washington State's only exercise therapy center focused on regaining function in those paralyzed due to illness, injury or other neurological disorders.

Pushing Boundaries was founded in 2005 by Bellevue residents Allan & Sharon Northrup, after Allan sustained a C7-T1 injury in 2001. After his discharge from in-patient rehabilitation, the Northrups spent two years researching and participating in numerous therapies throughout Southern California. The Northrups returned to Seattle, inspired to create a place of hope and health. Its mission has remained vigilant; to "provide exercise, health and hope for those living with paralysis, and their families, to maximize health and improve quality of life".

Every year, Pushing Boundaries provides approximately 6000 hours of intensive one-on-one therapy to clients from all over the Greater Northwest, allowing people to take control of their recovery journey. As science moves toward discovering a cure, individualized exercise-based therapy continues to be an integral piece of the rehabilitation process.

Clientele include those with spinal cord injuries, stroke, traumatic brain injuries, Multiple Sclerosis and other degenerative diseases. Community tours and new client site visits are always welcome and can be scheduled by calling 425-869-9506.

For more information: <http://pushing-boundaries.org>

###