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**FOR IMMEDIATE RELEASE**

## **Pushing Boundaries Celebrates Ten Years of Service to Paralysis Community**

For the past 10 years Pushing Boundaries has been delivering services to people with paralysis that they can't get anywhere else in the state or region.

Located in Redmond, Pushing Boundaries focuses on regaining function, health and independence in those paralyzed due to illness, injury or other neurological disorders. Clientele include those with spinal cord injuries, stroke, traumatic brain injuries, Multiple Sclerosis and other degenerative diseases.

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 "deliver 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.

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>

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