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**FOR IMMEDIATE RELEASE**

## **Pushing Boundaries Receives BioDex Machine from University of Puget Sound**

[Pushing Boundaries](#), the Puget Sound's exercise based paralysis recovery center, is pleased to announce a generous equipment donation from the University of Puget Sound's School of Physical Therapy program. The equipment, a [BioDex Unweighted System](#), enables partial weight-bearing therapy and gait training.

Gait training for individuals with paralysis due to neurological conditions is an essential part of a comprehensive recovery program. In addition to helping clients recover function, gait training helps foster neuro-plasticity, improve cardiopulmonary endurance, and reduces secondary conditions like osteoporosis. Pushing Boundaries' comprehensive gait training program includes robotic and manual body weight supported systems.

There are an estimated 70,000 people in the Puget Sound region alone living with spinal cord injury, stroke, traumatic brain injury or other degenerative illnesses such as Multiple Sclerosis (MS) and Parkinson's. Prior to 2005, there were no opportunities in the Northwest for recovery beyond traditional (and limited) rehabilitative services. Pushing Boundaries delivers 4,000-6,000 therapy hours annually to individuals with neurological conditions.

The University of Puget Sound's School of Physical Therapy provides extensive, hands-on clinical experiences and a coordinated curriculum to their students. Some of the learning spaces the School of Physical Therapy has available include an adapted kitchen facilities, a vocational readiness lab, and an adaptive equipment lab. For more information about the University of Puget Sound's School of Physical Therapy, please visit <http://www.pugetsound.edu/academics/departments-and-programs/graduate/school-of-physical-therapy/>

About Pushing Boundaries:

Founded in 2005, Pushing Boundaries provides intensive exercise based recovery therapy for people paralyzed due to illness or injury. Our mission is to deliver intensive exercise therapy that strengthens and supports people living with paralysis, and their families, to maximize health and improve quality of life. To learn more about Pushing Boundaries, please visit <http://pushing-boundaries.org>

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