



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

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FOR IMMEDIATE RELEASE

Pushing Boundaries and Unite 2 Fight Paralysis to Host International Symposium in Seattle

[Unite 2 Fight Paralysis \(U2FP\)](#) and [Pushing Boundaries](#), the Puget Sound's exercise-based paralysis recovery center, are teaming up to host the 2014 Working 2 Walk Science & Advocacy Symposium. This year's Symposium will be held October 17-18 at the Hilton Airport Hotel & Conference Center, conveniently located across from the Sea-Tac Airport.

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.

Unite 2 Fight Paralysis was also founded in 2005, and has grown alongside the exercise-based recovery movement. Its mission is to "unite and empower the international spinal cord injury community to cure paralysis through advocacy, education, and support for research".

The [Working 2 Walk Symposium](#) is U2FP's flagship program, and provides a unique opportunity for persons living with paralysis to interact with national and international scientists, advocates, and practitioners in a dynamic environment that fosters a powerful exchange of ideas and strategies to accelerate cures for paralysis.

Unite 2 Fight Paralysis was founded and is led by people who have a personal connection to spinal cord injury. U2FP's staff and Board of Directors are comprised of SCI survivors and family members who are determined to move the dial toward achieving regeneration and repair of the injured spinal cord.

For more information: <http://pushing-boundaries.org> or <http://www.u2fp.org> or <http://www.working2walk.org>.