

August 25, 2014

FOR IMMEDIATE RELEASE

Pushing Boundaries Receives Grant from the Massage Therapy Foundation

[Pushing Boundaries](#), the Puget Sound's exercise-based paralysis recovery center, is pleased to announce it has received a grant from the Massage Therapy Foundation. Pushing Boundaries will use the grant to integrate massage therapy into the existing exercise therapy program for people with paralysis.

Approximately 70,000 people in the Puget Sound region live with some form of paralysis. Pushing Boundaries is helping clients experiencing paralysis from any neurological disorder, including spinal cord injuries, Multiple Sclerosis, traumatic brain injuries and stroke to regain and maintain health and independence.

“Support from the Massage Therapy Foundation will provide enhanced care for clients with shoulder and arm impairments,” stated Chris Kagen, a Kirkland massage therapist and architect of the Pushing Boundaries pilot program. According to Kagen, the intent of the program is to improve range of motion, reduce pain and increase sensation for wheelchair users. With reports that summarize data and results, this program will add to the body of research knowledge about massage therapy and its healthcare impact.

The Massage Therapy Foundation, a national organization that promotes research and education, issues five \$5,000 grants per year for community service. The Pushing Boundaries grant was one of 69 submitted applications to provide massage to an underserved population. For more information about the Massage Therapy Foundation, please visit <http://www.massagetherapyfoundation.org>

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 provide 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>