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For Immediate Release

## **Pushing Boundaries Selected as Bonneville Seattle and the Seattle Seahawks August Charity of the Month**

Pushing Boundaries has been named the Bonneville Seattle and Seattle Seahawks charity of the month for August 2019.

Pushing Boundaries is the Northwest's full-service exercise-based therapy center, providing exercise, health and hope to individuals with paralysis. Pushing Boundaries' intensive exercise-based recovery programs focuses on regaining function in those paralyzed due to illness, injury or other neurological conditions.

Exercise therapy is designed to reeducate damaged nervous systems to regain movement and increase function and independence. Pushing Boundaries recovery therapy, support center and outreach and education programs help to improve the lives of those living with paralysis. Pushing Boundaries brings together relationships, tools and resources to help their clients achieve their goals.

### About Pushing Boundaries:

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), ALS and Parkinson's. Until Pushing Boundaries was founded in 2005, there were no opportunities in the Northwest for recovery beyond traditional (and limited) rehabilitative services. Pushing Boundaries delivers about 5,000 hours of therapy each year at its Redmond facility.

<https://pushing-boundaries.org/>

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