

Know Where to Go

Our Therapy Services teams are here to help get you back to the life you love!

We partner with you to develop a customized plan to improve your health, functional performance and participation in every day activities.

| | Lifestyle Medicine | Rehabilitation Services |
|--|------------------------|-------------------------|
| INJURY/CONDITION REHABILITATION | | |
| Acute Sprain/Strain | ■ | ■ |
| Chronic/Overuse Injuries | ■ | ■ |
| Surgical Rehabilitation | ■ | ■ |
| Pre-Surgical Optimization | ■ | ■ |
| Sports Therapy | ■ | ■ |
| Hand Therapy/Orthotics | | ■ |
| SPECIALIZED PROGRAMS | | |
| Oncology Health Optimization | ■ | |
| Cancer – Pre/Post Surgery | ■ | ■ |
| Lymphedema | | ■ |
| Vestibular/Balance Training | Covington/Renton | ■ |
| Pelvic Floor Rehabilitation | | ■ |
| Aquatic Therapy | ■ | ■ |
| Bariatric Surgery Preparation | ■ | |
| Wheel Chair Assessment/Fitting | | ■ |
| Prosthetics Training/LE Amputee | | ■ |
| Orthotic Fabrication/Training | ■ | |
| NEUROLOGICAL REHABILITATION | | |
| Spinal Cord Injury | | ■ |
| Acute Stroke/Traumatic Brain Injury (TBI) | | ■ |
| Concussion | Renton location | ■ |
| DISEASE MANAGEMENT & PREVENTION | | |
| Cardiac Rehabilitation | ■ | |
| Pulmonary Rehabilitation | ■ | |
| COVID Recovery Program | ■ | |
| Diabetes Education | ■ | |
| Healthy Foundations Program | ■ | |
| Health Risk Assessment/Management | ■ | |
| Prescriptive Exercise Training | ■ | |
| Fitness Center | ■ | |
| COLLABORATIVE SERVICES | | |
| PT + Nutrition | ■ | |
| Multiservice patients OT/PT/SLP | | ■ |
| Massage Therapy | Maple Valley/Covington | |
| Rehabilitation Medicine Physician Services | | ■ |

Lifestyle Medicine & Fitness Center

UW Medicine

VALLEY
MEDICAL CENTER

POWERED BY



valleymed.org/lifestylemed

Renton

4011 Talbot Rd. S, 1st Floor
Renton, WA 98055
P. 425.690.3520
F. 425.690.9520

Maple Valley

24060 SE Kent Kangley Rd.
Suite D-100
Maple Valley, WA 98038
P. 425.690.3522
F. 425.690.9522

Covington

17307 SE 272nd St.
Suite 126
Covington, WA 98042
P. 425.690.3521
F. 425.690.9521

Rehabilitation Services

UW Medicine

VALLEY
MEDICAL CENTER

Northwest Pavilion,
Ground Floor
400 South 43rd Street
Renton, WA 98055

valleymed.org/rehab
P: 425.690.3650
F: 425.690.9650

