

# 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	Outpatient Therapy Services
<b>INJURY/CONDITION THERAPY</b>		
Acute Sprain/Strain	■	■
Chronic/Overuse Injuries	■	■
Surgical Rehabilitation	■	■
Pre-Surgical Optimization	■	
Sports Therapy	■	■
Hand Therapy/Orthotics		■
<b>SPECIALIZED PROGRAMS</b>		
Oncology Health Optimization	■	
Cancer – Pre/Post Surgery	■	■
Lymphedema	■	■
Vestibular/Balance Training	Covington/Renton	■
Pelvic Floor Rehabilitation	■	
Aquatic Therapy	■	■
Wheel Chair Assessment/Fitting		■
Prosthetics Training/LE Amputee		■
Orthotic Fabrication/Training	■	
<b>NEUROLOGICAL REHABILITATION</b>		
Spinal Cord Injury		■
Acute Stroke/Traumatic Brain Injury (TBI)		■
Concussion	Renton location	■
<b>DISEASE MANAGEMENT &amp; PREVENTION</b>		
Cardiac Rehabilitation	■	
Pulmonary Rehabilitation	■	
COVID Recovery Program	■	
Diabetes Prevention Program	■	
Healthy Foundations Program	■	
Health Risk Assessment/Management	■	
Prescribed Exercise Programming	■	
Fitness Center	■	
<b>COLLABORATIVE SERVICES</b>		
PT + Nutrition	■	
Multiservice patients OT/PT/SLP		■

## Lifestyle Medicine & Fitness Center

### UW Medicine

VALLEY  
MEDICAL CENTER

POWERED BY



[valleymed.org/lifestylemed](http://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

## Outpatient Therapy Services

### UW Medicine

VALLEY  
MEDICAL CENTER

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

[valleymed.org/rehab](http://valleymed.org/rehab)

P: 425.690.3650  
F: 425.690.9650

