

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
INJURY/CONDITION THERAPY		
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	■	
Wheel Chair Assessment/Fitting		■
Prosthetics Training/LE Amputee		■
Orthotic Fabrication/Training	■	
Occupational / Work Injury Rehab	■	■
Work Conditioning (WC)		■
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 Prevention Program	■	
Healthy Foundations Program	■	
Health Risk Assessment/Management	■	
Prescribed Exercise Programming	■	
Fitness & Wellness Programs	■	
COLLABORATIVE SERVICES		
PT + Nutrition	■	
Multiservice patients OT/PT/SLP		■

Lifestyle Medicine & Fitness Center

UW Medicine

VALLEY
MEDICAL CENTER

POWERED BY



valleymed.org/lifestylemed

Renton

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Maple Valley

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Covington

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Outpatient Therapy Services

UW Medicine

VALLEY
MEDICAL CENTER

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