

# 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 Education	■	
Healthy Foundations Program	■	
Health Risk Assessment/Management	■	
Prescriptive Exercise Training	■	
Fitness Center	■	
<b>COLLABORATIVE SERVICES</b>		
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](http://valleymed.org/lifestylemed)

#### Renton

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Renton, WA 98055  
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#### Maple Valley

24060 SE Kent Kangley Rd.  
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Maple Valley, WA 98038  
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#### Covington

17307 SE 272nd St.  
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## Outpatient Therapy Services

### UW Medicine

VALLEY  
MEDICAL CENTER

Northwest Pavilion,  
Ground Floor  
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