



sports performance

Sports Performance is a unique combination of total body training with the inner athlete in mind. No matter if you play a sport, have an athletic hobby, or have a high paced career, your body has to stay in optimal shape for functional peak performance. Sports Performance is for anyone that wants to fulfill their ultimate athletic, fitness, and wellness potential. We work with everyday people, youth athletes, and professional athletes on getting the most out of their physical capabilities and achieving their functional goals.

sports performance locations

SNOHOMISH COUNTY

EVERETT SPORTS PERFORMANCE CENTER
425-512-0671 · 425-252-7940 Fax

ARLINGTON SPORTS PERFORMANCE CENTER
360-403-8250 · 360-403-0917 Fax



sports performance

all other IRG locations

KING COUNTY

EASTSIDE HAND THERAPY
425.823.1389 · 425.820.3996 Fax

HIGHLANDS PHYSICAL THERAPY / ISSAQUAH
425-686-7654 · 425-341-9041 Fax

PACIFIC HANDWORKS / BELLEVUE
425-827-5877 · 425-827-5843 Fax

PACIFIC HANDWORKS / ISSAQUAH
425-392-4206 · 425-392-4209 Fax

REDMOND RIDGE PHYSICAL THERAPY
425-836-1034 · 425-836-1037 Fax

SNOHOMISH COUNTY

ARLINGTON PHYSICAL THERAPY
360-403-8250 · 360-403-0917 Fax

EDMONDS HAND THERAPY
425-673-2673 · 425-673-2863 Fax

EVERGREEN PHYSICAL THERAPY CENTER & PILATES STUDIO
425-252-1642 · 425-258-1824 Fax

GRANITE FALLS PHYSICAL THERAPY
360-691-4835 · 360-691-2545 Fax

MUKILTEO PHYSICAL THERAPY
425-349-9692 · 425-349-9694 Fax

MURPHY'S CORNER PHYSICAL THERAPY / MILL CREEK
425-337-9556 · 425-357-9186 Fax

PACIFIC AVENUE HAND THERAPY / EVERETT
425-374-2846 · 425-374-3272 Fax

SILVER LAKE PHYSICAL THERAPY
425-337-3166 · 425-338-4596 Fax

SNOHOMISH PHYSICAL THERAPY
360-568-7774 · 360-568-7779 Fax



beyond physical therapy



INTEGRATED REHABILITATION GROUP
Physical and Hand Therapy Services
WWW.IRGPT.COM



locations

BENEFITS

Every program at the Everett Physical Therapy & Sports Performance Center emphasizes the educational component of rehabilitation and training. Through better understanding of specific training methods and how they apply to a sport or an injury, an athlete can achieve greater success. Programs we offer include:

- Functional and Sports Rehabilitation
- Pre and Post-operative Orthopedic Care
- Injury Reduction
- Sports Performance Enhancement
- Sports Nutrition
- Athletic Training
- Preseason Strength and Conditioning Camps
- Injury and Performance Education Forums



THE PROGRAM

Our staff is comprised of Performance Physical Therapists, Certified Strength and Conditioning Specialists, and Certified Personal Trainers that have your total healthcare in mind. No matter if you are an active individual, or have many different limitations in multiple extremities, we cater to each person's specific needs. Our programs also offer a great combination of affordability and personalized attention you can't get anywhere else.

- Youth and Professional Athletic Development Programs
- Adult Performance Fitness and Work Conditioning
- Golf Performance Fitness featuring Certified Titleist Performance Institute instruction
- Zumba and Yoga

THE FACILITY

Our Sports Performance Facilities are unlike any training facility in Snohomish County. We offer a unique combination of highly knowledgeable staff, advanced physical therapy services, and a facility designed specifically for sports performance training. The facility is equipped with a combination of cardiovascular equipment, free weights, and an open turf area for agility exercises and throwing drills.

SNOHOMISH COUNTY

EVERETT SPORTS PERFORMANCE CENTER

1502 Hewitt Avenue
 Everett, WA 98201
 425-512-0671 · 425-252-7940 Fax

Colby Ave.	Dodds Ave.	Lombard Ave.	Brookway
Hewitt Ave.			15
		Everett Events Center	

ARLINGTON SPORTS PERFORMANCE CENTER

7728 204th St. NE, #B
 Arlington, WA 98223
 360-403-8250 · 360-403-0917 Fax

