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IRG Physical & Hand Therapy Trains Local Student Athletes While Breaking 11 High School Records in Summer Off-season

IRG Physical & Hand Therapy – Oak Harbor Helps Local High School Students Achieve Record-breaking Athletic Goals in Weightlifting

OAK HARBOR, Wash., September 7, 2021: Strength coaches from IRG Physical & Hand Therapy worked with numerous Oak Harbor student athletes over the summer to continue sports training during the school's off-season. While participating in the off-season training, seven female athletes broke a total of 11 school records in weightlifting: the deadlift, the bench press and the back squat.

From June through August, IRG Physical & Hand Therapy – Oak Harbor saw an average of 23 female student athletes per day. Each session included weight training in primary and secondary movements, followed by conditioning work and weighted carries.

Off-season athletic training sessions with Oak Harbor students have increased by 200% at the physical therapy clinic since 2019. The clinic has also seen growth in the amount of school records its student patients have set, moving from zero school records broken in 2019 to 11 new records set by patients in 2021.

Of the records broken this year, student Ashley Hinds has achieved a total of four new school records in the clean and jerk lift, back squat and military press. Other record setters include Sydney Walker and Ania Hardin in the bench press; Brianna Richard, Melany Alanis and Mia Carman in the deadlift; and Mekayla Smith Day in the back squat.

IRG Physical & Hand Therapy Strength Coach Colby Heefner expressed his excitement for the student athletes he worked with over the summer. "All success should go to the athletes," said Heefner. "Our female athletes are stronger than they think. Showing up to the weight room in the off-season will lead to great results."

IRG Physical & Hand Therapy – Oak Harbor is now accepting patients at 275 S.E. Cabot Dr., Suite A-05, Oak Harbor, WA 98277. The clinic offers specialized services in pre- and post-surgical rehabilitation, industrial and occupational rehabilitation, sports injury rehabilitation, and more. Interested patients can contact (360) 914-5504 to book an appointment, schedule a free injury screen or request further information.

About IRG Physical & Hand Therapy:

IRG Physical & Hand Therapy is the Northwest's premier physical and hand therapy group. The organization is dedicated to providing services that improve the lives of its patients and that contribute to the enrichment of its surrounding communities. IRG holds its desire to make a positive impact in the areas that its patients live, work and play as a priority of the upmost

importance. The IRG family of clinical and administrative staff and providers are innovators when it comes to partnering with community members to develop programs, collaborate on projects, establish networking relationships, and pioneer initiatives that give back to local causes.

IRG Physical & Hand Therapy is headquartered in Mill Creek, Wash. and operates over 30 outpatient orthopedic clinics throughout the Puget Sound region. More information about the organization can be found at IRGPT.COM.

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