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FOR IMMEDIATE RELEASE

Pushing Boundaries is Celebrating its Sweet 16!

March marks the 16th anniversary of Pushing Boundaries, a Redmond-based non-profit serving the paralysis and movement-disorder community with exercise therapy programs and community resources that support clients, their families, and caregivers.

Pushing Boundaries was founded in 2005 by Eastside residents Allan & Sharon Northrup, after Allan sustained a spinal cord injury in 2001. After his discharge from in-patient rehabilitation, the Northrups spent two years researching and participating in numerous therapies throughout Southern California. The Northrups returned to Seattle, inspired to create a place of hope and health. Its mission has remained vigilant; to “provide exercise, health and hope for those living with paralysis, and their families, to maximize health and improve quality of life”.

That mission is accomplished in two primary ways:

- Providing highly customized, intensive exercise therapy programs that expand function, physically strengthen, and challenge clients to progress further. Our team uses specialized equipment on-site to maximize the efficacy of our therapy. We also teach clients exercises that can be done at home when the special equipment isn't available.
- Providing a broad online resource library, accessible 24 hours a day, where our clients, their families, and anyone in the paralysis community can research topics and service providers that support independence. Common search topics include legal support, transportation help, funding assistance, and specialized home conversion contractors.

Since its inception, Pushing Boundaries has provided nearly 70,000 hours of exercise therapy, serving over 1,100 clients. The online resource library averages 350 uses per month.

Clients navigate a variety of diagnoses/conditions:

- **Acute Incident Conditions/Diagnoses:** These clients had a specific, life-altering event that directly led to their current condition. Examples: Spinal Cord Injury (SCI), Traumatic Brain Injury (TBI), Stroke
- **Degenerative Diagnoses:** These clients have been diagnosed with a neurological disorder which impacts movement and motor control- typically with an increase in severity of symptoms as the disease progresses. Examples: Multiple Sclerosis, Parkinson's Disease
- **Congenital Diagnoses:** These clients were born with a condition of the central nervous system that negatively impacts movement and motor control. Examples: Cerebral Palsy, Spina Bifida

Some clients use their exercise therapy programs to regain function and strength, while others focus on maintenance. All clients benefit from exercise therapy at the autonomic level- improving circulation, digestion, and respiratory functions.

'PB' is celebrating all month long with community posts on [Facebook](#), [Instagram](#), and [Twitter](#). In addition, clients and staff have put together a '[Birthday Wishlist](#)', where supporters can purchase a new piece of equipment for client use.

To learn more about PB, visit their website at www.pushing-boundaries.org. To see more of their clients' stories, visit their [YouTube](#) Channel.

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