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FOR IMMEDIATE RELEASE

Pushing Boundaries Launches ‘The Tulalip Tribes’ Native American Scholarship Program

Pushing Boundaries, the Redmond-based non-profit serving the paralysis and movement-disorder community, is proud to announce a \$5,000 gift from the Tulalip Tribes Charitable Fund. This gift is to fund five (5) \$1,000 scholarships for services at Pushing Boundaries.

The scholarship is open to Washington State Native Tribal/Nation members who are navigating paralysis and/or other neurological movement disorders (common diagnoses/conditions include Spinal Cord Injury, Stroke, Traumatic Brain Injury, MS, Parkinson’s Disease, and Cerebral Palsy), and who have an economic need. Each scholarship will cover 10-11 sessions of exercise therapy at Pushing Boundaries.

Exercise Therapy integrates strength-building and repetition to aid in the neuroplasticity of its recipients, resulting in increased strength, endurance, and, often, increased function. Pushing Boundaries uses a combination of traditional gym equipment with highly specialized rehabilitative equipment, including Robotic gait-training, Functional Electrical Stimulation, robotic hand training, and vibration therapy. Pushing Boundaries clients each have a customized plan, with their own functional goals- whether those goals are to increase finger dexterity, expand breath capacity, or learn to walk again- the one-on-one sessions challenge, inspire, encourage, and help our clients maximize their independence.

The Tulalip Tribes Charitable Fund has assisted over 245 charitable organizations, donating more than 50 million dollars since 1993. Tulalip has generously supported Pushing Boundaries since 2014. This scholarship was conceived of by the Pushing Boundaries team in October 2021, and the request was submitted to the Tulalip Tribes Charitable Fund in November.

“The economic impact for many people navigating a significant diagnosis or condition can be devastating. In marginalized communities these negative impacts can be amplified, when ableism intersects with historical, intergenerational and present-day oppression and trauma,” said Pushing Boundaries Executive Director, Teri Mayo. “We are incredibly excited and honored by Tulalip Tribes’ generosity, and hope to use this scholarship program as a model with other community partners, to further expand access to Exercise Therapy.”

About Pushing Boundaries

Founded in 2005 by Eastside residents Allan & Sharon Northrup, Pushing Boundaries provides intensive exercise therapy programs and community resources that support clients, their families, and their caregivers. Since its inception, Pushing Boundaries has provided over 70,000 hours of exercise therapy, serving over 1180 clients. The online resource library averages 350 uses per month.

Exercise Therapy is still a burgeoning field within the treatment of neurological movement disorders. Despite a growing list of studies supporting its efficacy and value, medical insurance companies in Washington state do not allow billing for this modality. Because of this, clients pay out of pocket for these services, and Pushing Boundaries fundraises to keep these costs accessible to the many. Currently, community support covers 33% of the cost of services.

You can learn more about Pushing Boundaries at www.pushing-boundaries.org. For more information on The Tulalip Tribes Charitable Fund, please visit www.tulalipcares.org.

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