OVERVIEW

Founded
2004

Location
Redmond, Washington

Mission
Pushing Boundaries’ mission is to deliver intensive exercise therapy that strengthens and supports people living with paralysis, and their families, to maximize health and improve quality of life.

Experience
With a focus on maximizing day-to-day function and increasing independence, Pushing Boundaries works hard to help ‘level the playing field’ for our clientele. Starting with a targeted, client-specific intake, we provide each client with a unique exercise therapy-based rehabilitative plan to support reaching their goals.

CLIENTS

- Spinal Cord Injury (SCI)
- Traumatic Brain Injury (TBI)
- Stroke
- Multiple Sclerosis (MS)
- Parkinson’s Disease
- Cerebral Palsy
- Devic’s Disease
- Spina Bifida
- Spinal Stenosis
- Other

NUMBERS

65,000
Overall Hours of Exercise Therapy Provided

1100+
Overall Clients Served

5,700
2019 Hours of Exercise Therapy Provided

95
2019 Clients Served

25%
Portion of each therapy hour not covered by client’s out-of-pocket expense

$22,000
Average cost to replace a piece of equipment.

2-87
Client Age Range

29%
Ethnic/Racial Minority

65%
Male-Identified

35%
Female-Identified

0%
Non-Binary

TEAM

Exercise Therapists
5 Trainers; two Bachelor’s in Exercise Science, one Bachelor’s in Sport and Movement Science, one Bachelor’s in Biology, one Bachelor’s in Kinesiology.

Administration
2 Administrators adding up to: 35 years in healthcare, 15 years in healthcare education, 13 years of insurance navigation, 34 years of non-profit development and leadership.

Board of Directors
7 Leaders with varying backgrounds, including paralysis advocacy, access advocacy, healthcare education, and community-driven intervention.

OPPORTUNITIES

One-Time Gifts
Every $27 supplements one hour of Exercise Therapy.

Monthly Giving
Set up a monthly donation of a fixed amount, then relax!

Employer Matching
Combine One-Time Gifts or Monthly Giving with your employer’s match, if applicable.

Grant Sponsorship
Sponsor Pushing Boundaries for a Grant from your community, organization, or employer.

Honorific Gifts
Purchase a life-changing piece of equipment for Pushing Boundaries, in honor of a loved one.

Endowments
Support the ongoing success of Pushing Boundaries with inclusion in your estate planning.