

Physical Therapy Clinics in the Seattle/Tacoma Area that specialize in treating musicians

Counseling, Health and Wellness Services (CHWS). Referrals can be made to the School of Physical Therapy's on-campus clinic, where you can essentially receive a semester's worth of physical therapy services for free. Call x1555 to make an appointment.

Virginia Mason Medical Center's Clinic for Performing Artists. Led by Johannes van Buuren, this Seattle clinic is highly acclaimed for treating musicians and dancers (and may be covered by your medical insurance). See *Seattle Times* article by Levi J. Long, "Demands on bodies of dancers and musicians are unique" (see below) or call 206-223-6746 to make an appointment with Hans van Buuren. Bring your instrument with you to the clinic.
<http://seattletimes.nwsourc.com/html/health/2001932222_artsmedicine19m.html>.

Alliant Continuum Care. Physical Therapy clinic in Tacoma, near Wright Park (only a 30 min. walk from campus or a short bus ride or drive). **Tim Sobie**, the director of the clinic, combines physical therapy with Feldenkrais®, a method of movement re-education that can help you learn to play your instrument without pain. Call (253) 572-4611 to make an appointment. Covered by most major insurance companies. www.alliantcare.com.

Other Physical Therapy Clinics in Tacoma

Apple Physical Therapy, located near Target off Union Ave. Directed by Josh Waltier, UPS Alum. Call (253) 572-8684 to make an appointment after receiving a referral from a primary care provider (ie a physician at CHWS). Address: 3315 S. 23rd St., Suite #210, on the 2nd floor of the Home Street Bank building behind Target. Website: <http://www.applept.com>