



## Services We Provide

HIDEF Seattle is a full-service human performance and wellness company. We provide high level 1-on-1 physical therapy, individualized training, nutrition coaching, and mindset coaching. We pride ourselves on providing the best quality of care possible with very individualized treatment programs, to achieve optimum results. For more specific information on all of our therapists, please visit our website and read more under the about section of each provider. Of course, any of our therapists would be more than happy to answer any more specific questions that you may have.

### PHYSICAL THERAPY

All our Physical Therapists are very highly trained and experienced at assessing, evaluating, and carrying out appropriate treatment plans. Our therapists' treatment philosophies center around increasing mobility, improving balance, re-education of the neuromuscular systems, and functional strengthening, range of motion, coordination and endurance. We have Physical Therapists on staff that specialize in working with orthopedic & post-surgical conditions in all areas of the body, sport injuries, low back injuries, neck injuries, chronic pain, arthritis, relief of headaches, sciatica, joint replacements, along with many other conditions. Our therapists also specialize in Manual Physical Therapy: a varied, hands-on approach to restoring function and alleviating pain in the spine, joints, and muscular tissue.

### PERSONAL FITNESS AND TRAINING

Our personal fitness trainer is ready to help you achieve your fitness goals. Whether you want to lose weight, age gracefully, or just work on some trouble spots with a trained professional, we have the program for you. We use the P5 training method to help optimize results in the gym and reduce the risk of injury to keep you going toward your goals. Each training client will get an individualized approach to training including outside workout programming for when you aren't with us to train. Have a friend or small group you would like to workout with? Our trainers have advanced experience in small group fitness training as well.

### NUTRITION COACHING

Our nutritional coach will help you to create a plan that allows you maximize your potential for weight loss, muscle gain, and healing. Our coaches pride themselves on being able to meet each client where they are at with a custom plan to help each client reach their individual goals. Nutrition coaching will can help hold you accountable to those goals and make real sustainable progress.

*"Fit for anything, fit for everything"*

