

Hours

Monday: 7:00am-6:00pm

Tuesday: 7:00am-6:00pm

Wednesday: 7:00am-6:00pm

Thursday: 7:00am-6:00pm

Friday: 7:00am-5:30pm

Saturday: Closed

Sunday: Closed

South Sound Physical & Hand Therapy - Tacoma

Tacoma, Wash. is a vibrant city where residents live amongst distinctive neighborhoods, parks, business districts, community centers and public libraries. Our providers are proud to serve our vibrant and diverse city by delivering the highest-quality caliber of care to our patients.

South Sound Physical & Hand Therapy - Tacoma provides personalized programming to help each individual in achieving their unique goals. Our care team provides guidance regarding strategies to living one's healthiest, most active life by helping patients to increase mobility, function, strength and endurance while decreasing pain from a variety of musculoskeletal conditions.

[SCHEDULE ONLINE NOW](#)

*Wondering if you need a referral from your doctor to start treatment? **Washington is a direct-access state**, meaning that you can start physical therapy without one in-hand. Start your road to recovery, and let us handle the rest!*

Our Staff

Kimber Towle

PTA

Shelley McManus

PTA

Jordann Mullenax

Regional Clinic Administrator

Jesse Pooler

PT, MPT

Dr. Lucas Briggs

PT, DPT, CSCS, Astym Cert., Clinic Director (he/him)

Our Services

Physical Therapy

Manual Therapy Pre and Post-Surgical Rehab Spine Rehabilitation Biomechanical Assessment

South Sound Physical & Hand Therapy - Tacoma

1901 S Cedar ST
Suite B-1
Tacoma, WA 98405

P: 253.272.6910

F: 253.383.4218

Visit IRGPT.COM to learn more

Sports Performance

Kinesio Taping

Specialized Services

Aquatic Therapy Balance and Falls Prevention Vestibular Rehabilitation Gait Analysis Women's Health Pelvic Health Temporomandibular Joint Disorders

Workplace Services

Biomechanical Assessment

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