

## Hours

**Monday:** 7:00am-6:00pm

**Tuesday:** 7:00am-6:00pm

**Wednesday:** 7:00am-6:00pm

**Thursday:** 7:00am-6:00pm

**Friday:** 7:00am-5:00pm

**Saturday:** Closed

**Sunday:** Closed

# South Sound Physical & Hand Therapy - West Olympia

West Olympia is a serene and conveniently located region of Olympia, Wash. It is home to several unique shops and a wonderful farmers market. Our family-friendly, community-centered clinic is located at the intersection of Cooper Point Road and Black Lake Boulevard.

At South Sound Physical & Hand Therapy – West Olympia, we take great pride in making your first visit with us both comfortable and informative. We believe in a balanced approach to treatment and understand the importance of exercise in relation to our patients’ lives and overall health.

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!

[SCHEDULE ONLINE NOW](#)

## Our Staff

### Dr. Alex Schuman

PT, DPT

### Dr. Steven Roach

PT, DPT, OCS, Clinic Director

### Dr. Adrienne Bird

PT, DPT, BS

### Dr. Jacob Keeling

PT, DPT

## Our Services

### Physical Therapy

Sports Injury Rehabilitation Manual Therapy Pre and Post-Surgical Rehab Spine Rehabilitation McKenzie Method

### Hand Therapy

Hand/Upper Extremity Rehabilitation

### South Sound Physical & Hand Therapy - West Olympia

1651 Cooper Point Rd. SW  
Olympia, WA 98502

P: 360.956.1100

F: 360.956.1113

Visit [IRGPT.COM](http://IRGPT.COM) to learn more

## **Specialized Services**

Astym®

## **Workplace Services**

Industrial and Occupational Rehabilitation

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