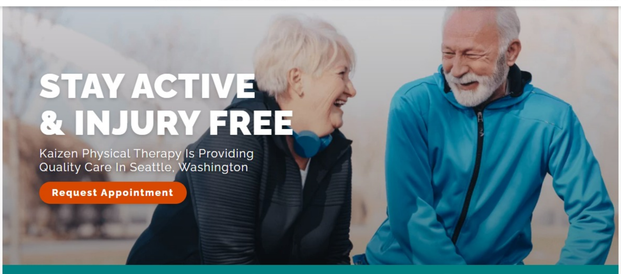

# STAY ACTIVE & INJURY FREE

Kaizen Physical Therapy Is Providing Quality Care In Seattle, Washington

Request Appointment

GET A CUSTOM TREATMENT PLAN! | ONE-ON-ONE CARE WITH US! | NO REFERRALS NEEDED, EVER!

## GET RID OF YOUR PAIN!

Kaizen Physical Therapy in Seattle, WA focuses on practicing the best techniques to treat the root cause of pain while cultivating long-lasting relationships with our patients. Our physical therapists are excited to see you achieve your health, wellness, and fitness goals. We are committed to assisting you in living a pain-free life again!

Back Pain Relief | Shoulder Pain Relief | Post-Op Rehab | Knee Pain Relief | Sports Injuries

View All Conditions

## LET'S GET STARTED, TOGETHER!

Kaizen Physical Therapy in Seattle, WA is here to help you achieve your wellness goals so you can get back to living the life you enjoy. We will analyze your symptoms, medical history, and any health constraints you may have before establishing an action plan for your recovery path. Our treatment regimens are personalized to your individual needs to help you reach your physical goals!

Movement Analysis

Manual Therapy

Therapeutic Exercise

Deep Tissue Laser Therapy

View All Treatments

## JOIN OUR MANY SUCCESS STORIES

Thanks to the excellent help at Kaizen PT, I was able to fully recover and return to the gym without pain.

- CAMDEN D.

View All Testimonials

## KAIZEN PHYSICAL THERAPY IN SEATTLE, WA

Focuses On Providing With The Best Physical Therapy Techniques To

## TREAT THE ROOT CAUSE OF YOUR PAIN

Request Appointment | (206) 752-3603

## MEET YOUR RECOVERY TEAM

Since January 2019, Kaizen Physical Therapy has been helping patients regain hope that they can do the activities they enjoy most. Whether it is working out, returning to work, sleeping through the night, or chasing your grandkids, we are here to serve you and your specific needs.

### Colin Sisco

DPT, OCS, Owner and Physical Therapist

Colin graduated from physical therapy school at the University of Southern California in 2010. He views physical therapy as a craft and profession, not a job. Beyond acquiring more technical skills, listening and examining between the lines has been his...

Read More >>

We expect all of our patients to experience a high degree of improvement that allows them to regain quality of life, increased mobility, and an active lifestyle. We are focused on the root cause of treating your specific condition and truly love what we do as a profession.

## TAKE ADVANTAGE OF OUR MANY HEALTH TOOLS!

Learn how to heal natural without medications or surgery with our free workshops! You can also subscribe today for free healthy tips and exclusive offers. Don't worry! We won't bombard your email account with endless emails. Expect just 2 emails every month for healthy living!

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KAIZEN physical therapy

Request Appointment

**Address**

5025 25th Ave NE #201
Seattle, WA 98105

**Contact**

**P:** 206-752-3603
**F:**206-524-6703
**E:** info@kaizenseattle.com

**Hours**

**Mon – Fri:** 7 am – 6 pm
**Saturday:** closed
**Sunday:** closed