

Downtown Accessibility Navigator

Center for Physical Rehabilitation (last updated May 2025)

45 Ottawa Ave SW, Suite D, Grand Rapids, MI 49503

Parking.

Metered on-street parking is available along Ottawa Avenue, with a nearby parking ramp offering additional options. Streetlamp lighting provides standard visibility in the area during evening hours.



Entrances.

The main entrance is located directly off Ottawa Avenue. It features a single manual push/pull door that is flush with the sidewalk, though the door is relatively heavy and may require effort to open. Upon entering, visitors are greeted by a staffed front desk, which includes a lowered section for improved accessibility.

Inside / Getting Around.

The facility is on a single level and includes multiple dedicated areas.

These include a large open gym space where trainers work with clients, a weight room, and various private suites for massage and relaxation therapy. Seating is available in the waiting area, and therapy-specific seating such as bench-press-style chairs (where users lie flat) is also present.

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While the space is mostly open and navigable, some potential obstacles include exercise equipment like weights, medicine balls, and other training tools, which may temporarily block clear pathways.



Sensory Experience.

The space is well-lit with natural light from windows complemented by bright white overhead fixtures. During the visit, the environment was quiet, with low background music playing. Noise levels may vary depending on client sessions or peak operational hours.

Restrooms.

No public restrooms available at time of visit.