



Working with us is good therapy.sm

How to Start Therapy Services

“No cost, convenient therapy at my own health & wellness center”

What can Physical Therapy Services do?

Physical Therapy can address symptoms that prevent you from participating in the activities you enjoy, limit your ability to sleep at night, or affect your ability to work.

Common diagnoses leading patients to Physical Therapy include:

- Post-Operative Conditions: rotator cuff repair, knee arthroscopy, hip or knee replacements, spinal surgery
- Neck or Back Pain
- Sprains & Strains
- Muscle Weakness
- Tendonitis
- Joint Pain

Therapy treatments include:

- patient education to help you better understand your condition
- instruction to help patients eliminate/reduce symptoms as well as prevent recurrence
- treatment to restore normal posture and body mechanics
- manual techniques to reduce pain and improve mobility
- exercise recommendations to improve flexibility or increase strength

Getting started with Physical Therapy is as easy as a call or text

1. With Direct Access, **IU13 employees** can call **717.719.0112** to schedule your evaluation or to consult with a Physical Therapist.
2. We will schedule your assessment at a time that fits your schedule.
3. If a physician referral is needed, we will work with your provider to obtain the appropriate prescription.

Find out why “working with us is good therapy”

The Health & Wellness Center and Physical Therapy are available to staff and dependents who meet eligibility criteria.

100%
Patient
Satisfaction

TOP 4%
nationally for
treatment
effectiveness



**To schedule
your appointment:**

**Call:
717.719.0112**

**Email:
schedulept@txteam.com**

Follow us @TxTeamRehab

