

Physical Therapy Services

at *No Cost* to You in your clinic

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 accomplish everyday tasks. Common diagnoses leading patients to Physical Therapy include:

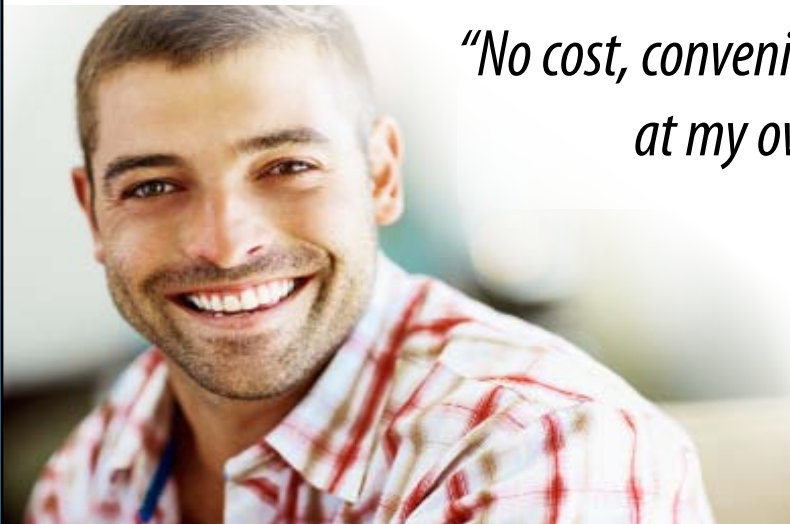
- post operative conditions such as: rotator cuff repair, knee arthroscopy, hip/knee replacements, spinal surgery
- sprains and strains
- muscle weakness
- tendonitis
- joint pain

Therapy includes:

- 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

How to get started with Physical Therapy?

1. For Lampeter-Strasburg employees and their covered dependents, contact your primary care provider for a prescription/referral to physical therapy or come into the health & wellness center rehabilitation department and we can assist in contacting your primary care provider for a therapy referral.
2. After your provider recommends therapy, call 717.719.0112 to schedule your Physical Therapy evaluation.



*"No cost, convenient therapy right here
at my own health & wellness center"*



Tx:Teamsm
*Working with us is good therapy.*sm

Health & Wellness Centers
1042 New Holland Avenue
Lancaster, PA 17601

1126 Walnut Street
Lebanon, PA 17042

717.719.0112

schedulept@txteam.com

- The QuadMed Health and Wellness Center and TxTeam Physical Therapy is not for use for Workers' Compensation related injuries and illnesses.
- The QuadMed Health & Wellness Center is available for Lampeter-Strasburg employees and their dependents (ages 2 and up) who are currently participating in the Lampeter-Strasburg medical plan.
- Tx:Team partners with Lampeter-Strasburg to provide onsite physical therapy services.