

## **FOR IMMEDIATE RELEASE**

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### **Excel Physical Therapy and Fitness Expands Staff with Four New Physical Therapists**

*Glen Mills, Jenkintown and Rothman Institute in King of Prussia locations gain new physical therapists*

**Philadelphia, PA – January 2010** – Excel Physical Therapy and Fitness, an out-patient physical therapy clinic with eight locations throughout the Delaware Valley, has announced the addition of three new physical therapists to the staff of the Glen Mills, Jenkintown and Rothman Institute in King of Prussia locations.

"These new Excel physical therapists possess the attitude and advanced training our company values and enables us to provide the highest level of care to get patients better, faster," said Joe Ruhl, PT, president of Excel Physical Therapy and Fitness.

Joining Excel's Glen Mills location as a staff physical therapist, Jennifer Skaling, PT, comes to Excel with over 12 years of experience in orthopedics and sports medicine. Skaling received her bachelor's degree in physiotherapy from Dalhousie University in Halifax, Nova Scotia, Canada. She has been trained in myofascial release, strain counterstrain, muscle energy techniques, joint mobilizations and Active Release Techniques (ART). Her primary area of interest is in the prevention and treatment of injuries in endurance athletes.

Jane Fagan, PT, Cert. MDT, joins Excel as a staff physical therapist at the Jenkintown clinic. Fagan graduated, with distinction, from Simmons College in Boston, MA with a doctorate degree in physical therapy. She obtained a certificate in Mechanical Diagnosis and Therapy (Cert. MDT) from the McKenzie Institute in 2008. She specializes in pre- and post-operative rehabilitation, sports and overuse injuries and general orthopedics.

Chrissy Biele, PT, DPT, joins Excel as a staff physical therapist for the Rothman Institute King of Prussia clinic. Previously, she worked at Excel as a physical therapy aide at the Rothman Institute Center City location. Biele completed her bachelor's degree in biology at Villanova University and her doctorate in physical therapy at Thomas Jefferson University in Philadelphia. She has a strong interest in providing quality patient care with concentrations in orthopedic and sports medicine and has experience with athletes on a high school, collegiate and professional level.

#### **About Excel Physical Therapy and Fitness**

For 20 years, Excel Physical Therapy and Fitness has been providing physical therapy and fitness programs dedicated to improving quality of life throughout its communities.

Excel has grown to become the largest privately owned physical therapy practice in the Delaware Valley with eight locations throughout the region and home to the area's most knowledgeable physical therapists. Excel is proud to be the only physical therapy network in the country that is 100% certified in Functional Movement Screens (FMS), as well as have the most physical therapists certified in Active Release Technique (ART) on the East Coast. In 2009, Excel was recognized by the *Philadelphia Business Journal* as one of the *Best Places to Work*. For more information on Excel, please call 1.866.88 EXCEL (39235) or visit [www.excelphysicaltherapy.com](http://www.excelphysicaltherapy.com).

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