

Excel Physical Therapy & Fitness Physician Newsletter

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January 2010

2010 is finally here and Excel has some BIG things in the works for the New Year!

- Excel is teaming up with **Team in Training** as its official physical therapy network
- Excel will become the largest group of clinicians certified in **Active Release Technique** on the East Coast
- Excel PTs have assessed groups from Olympic-bound athletes to local workforces with our **Functional Movement Screens** certification and testing
- Excel now has a **YouTube** channel

Read more about these exciting developments throughout the newsletter!

2009 was a milestone year from Excel where we broke personal and industry patient and referral records, and were named one of the [best places to work](#) by the *Philadelphia Business Journal*. We expect this year to be full of engaging Journal Clubs, community events, Excel making news, free community seminars and patient triumphs! We look forward to continuing to work with you in providing exceptional patient care in 2010!

Warm Regards,
Joe Ruhl & Jeff Ostrowski

Excel to be ART Certified

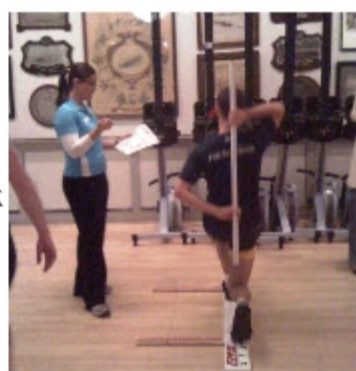
Excel will become the largest group of clinicians on the East Coast certified in **Active Release Technique (ART)**, a patented, manual soft tissue release technique to treat painful problems with muscles, tendons, ligaments, fascia and nerves. ART works to relieve adhesions and scar tissue caused when soft tissue structures are exposed to damaging forces like an acute injury, chronic injury like carpal tunnel syndrome or pressure injury such as poor posture. The ART certification will better equip our staff to restore and improve a patient's mobility.

To learn more about our PTs' various certifications, please contact Excel at 1-866-88-EXCEL (39235).

Excel and FMS

Excel Physical Therapy and Fitness is dedicated to advancing the training and education of the PTs. As you may know, our entire PT staff was certified in **Functional Movement Screen (FMS)**, a standardized approach to assessing fundamental movement, identifying limitations and asymmetries, and developing corrective exercise programs. Here are a couple recent developments:

- We have recently began working with the [Vesper Boat Club](#) assessing their elite, Olympic-bound rowers with FMS and look forward to seeing improvements in their technique and times.
- We put a local high school basketball team through testing and our PTs will be following their season and progress!
- Excel will also be assessing employees of Origlio Beverage, one of the fastest growing wholesale distributors of fine imported and domestic beers in the United States, using FMS to prevent work-related injuries.



Area physicians are curious about their FMS scores too! Dr. Deu, Dr. Lut, Dr. McShane, Dr. Plasteras and Dr. Ross great a great job during their screenings! If you would like to know your FMS score and what all the buzz is about, please contact Joe Ruhl at jruhl@excelphysicaltherapy.com.

Excel in the News

Excel Physical Therapy and Fitness has been busy!

[Fitness Magazine](#), a leading woman's fitness, nutrition and lifestyle magazine and website, featured Excel's [Kim Wallace](#), vice president of clinical operations, in a recent article about how physical therapy may be the fastest road to recovery for an athlete. [Click here](#) to read "When Physical Therapy Can Help" in its entirety or [click here](#) to read Kim's excerpt on how physical therapy can prevent injuries.



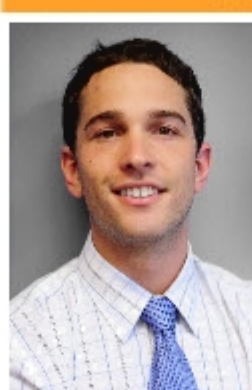
[Liberty Sports Magazine](#), the ultimate resource for all active sport and fitness doers and followers in the greater Philadelphia/Delaware Valley region, featured Excel's 'Run the Bridge Challenge.' The article

highlighted the advantages and motivation of group training. Excel's runners and PTs participated in a 12-week [training program](#) and Run the Bridge 10K on November 1, 2009. [Click here](#) to read "The Art of Group Fitness."

Please contact swalmsley@excelphysicaltherapy.com if you would like to be a part of an upcoming editorial piece.

Physical Therapist Showcase

Joe Zazworskey, PT, DPT



Joe Zazworskey, PT, DPT, works as a staff physical therapist at the Rothman Institute in Center City Philadelphia. He specializes in orthopedic physical therapy, but also enjoys treating high level patients with neuromuscular diseases. He is focused on providing individualized care for each of his patients, as well as helping his patients gain overall knowledge of health and wellness to help them in their daily lives.

Recently, Joe and Dr. Paul Marchetto, sports medicine orthopedic surgeon at Thomas Jefferson University Hospital, fielded question about sports injuries on **ABC6.com's Thomas Jefferson University Hospital: Sports Injuries Online Chat** from November 19, 2009. [Click here](#) to read the transcript.

To contact Joe, please email jzazworskey@excelphysicaltherapy.com. To view his entire bio, please [click here](#).

Excel Locations

Excel Physical Therapy and Fitness offers patients these convenient locations:

Center City Philadelphia
1616 Walnut Street
Phone: 215-545-8717

Society Hill/Queen Village
420 Bainbridge Street
Phone: 215-629-1270

Cherry Hill Health & Racquet Center
1820 Old Cuthbert Road
Phone: 856-428-4030

Jenkintown
261 Old York Road
Phone: 215-886-5520

Northeast Philadelphia
Krewstown Shopping Center
Phone: 215-676-6760

Bensalem
3370 Progress Drive
Phone: 215-639-1600

Glen Mills
The Shoppes at Smithbridge
Phone: 610-558-5866

Villanova
734 E. Lancaster Avenue
Phone: 610-964-1700

For more information and clinic hours, please [click here](#).