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***Philadelphia Business Journal* Names Excel Physical Therapy and Fitness one of the
“Best Places to Work” in Philadelphia**

Philadelphia, PA – September 21, 2009 – The *Philadelphia Business Journal* has named Excel Physical Therapy and Fitness as a winner in their annual “Best Places to Work” 2009 competition. The competition honors Philadelphia’s top companies for their achievements in attracting and retaining employees through a combination of benefits, work conditions, and company cultures.

The award competition was created to honor those regional companies who went above and beyond to engage their employees. Hundreds of regional companies submitted, yet only 50 were selected, which were determined through employee surveying and company data by a third-party research company. Employee benefits, work environment and conditions, overall employee satisfaction and company data were assessed

“For 19 years Excel has worked to provide the best physical therapy, fitness programs and overall care for our patients, while the company has worked to provide the best work environment for our employees,” says Jeff Ostrowski, PT, co-owner and CEO of Excel Physical Therapy and Fitness. “We are honored to be recognized for our positive company culture and our high employee satisfaction rate, which is directly benefits every patient treated at Excel.”

Excel Physical Therapy and Fitness’ physical therapists are extremely active within the organization and the community. Excel hosts numerous community events such as free fitness clinics, injury screenings and open houses. Recently, Excel and its therapists have established a free training program open to the public to prepare for an upcoming area race.

About Excel Physical Therapy and Fitness

Excel Physical Therapy and Fitness has been rehabilitating patients for over 15 years and provides physical therapy and fitness programs dedicated to improving patient’s quality of life. Excel is the largest privately owned physical therapy practice in the Delaware Valley and has eight locations throughout the region. In 2006 Excel was awarded the *Real Small Business Award for Customer Service* from the Center City Proprietors Association and in 2009 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 or visit www.excelphysicaltherapy.com.

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