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PHYSICAL THERAPY SERVICES AVAILABLE WITHOUT A PERSCRPTION

Law allows Patients to Receive Direct Access to Physical Therapy

April 4, 2008 – *Philadelphia, PA* – For casual athletes, people with reoccurring injuries and those with acute pain, seeing a physical therapist is about to get a whole lot easier. That's because of a relatively new law that enables patients to see a licensed physical therapist for treatment without first having to obtain a prescription from a doctor.

The law, referred to as Direct Access, has been advocated by the American Physical Therapy Association, and allows patients to receive less expensive and timelier care for their injuries by removing the requirement of a doctor's prescription to see a licensed physical therapist.

“When I had painful scar tissue buildup at the top of my hamstring I didn't want to take the time to visit my doctor whom I knew would prescribe physical therapy,” said Judy Michel, a Direct Access patient at Excel Physical Therapy and Fitness. “When I discovered that I could go directly to a physical therapist without a prescription I was thrilled. Within a month I was feeling great and I am still pain free. Direct Access saved me both time and money.”

“Physical therapists are well-qualified to evaluate a patient's condition and if appropriate, effectively treat the patient,” said Jeff Ostrowski, co-owner of Excel Physical Therapy and Fitness. “We are proud to support this pioneering law that allows patients to save time and money by receiving treatment when it is most needed.”

Direct Access is ideal for people returning to sports after a season off, those with common ailments such as back and neck pain, tendonitis and arthritis and carpal tunnel syndrome. Direct Access to physical therapy has been approved in Pennsylvania since 2002, New Jersey since 2003 and Delaware since 1993.

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 owed 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. For more information on Excel please call 1.866.88 EXCEL or visit www.excelphysicaltherapy.com.

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