

## **FOR IMMEDIATE RELEASE**

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### **Excel Physical Therapy and Fitness Announces Weekly Walking Clubs in Celebration of National Physical Therapy Month in October**

**Philadelphia, PA** – *September 23, 2008* – Excel Physical Therapy & Fitness, an out-patient physical therapy clinic with nine locations in the Philadelphia area, has announced weekly walking clubs in the Center City and Society Hill areas of Philadelphia for the month of October to celebrate National Physical Therapy Month.

The theme of this year's National Physical Therapy Month, recognized by the American Physical Therapy Association, is "movement."

"Our goal is to help Philadelphia-area residents realize that increased movement in their everyday life, even if its just a quick walk each day, dramatically increases healthy benefits, such as bone density, joint flexibility and cardiovascular health," says Jeff Ostrowski, PT, CEO of Excel Physical Therapy and Fitness. "One of the important roles that physical therapists play in the area of physical activity is to promote the capacity for movement in all patients."

The weekly walking tours will be open to the public and will be held every Monday and Wednesday in October from 12-1pm beginning at Excel's Center City location at 1616 Walnut Street, and every Tuesday from 1-2pm beginning at Excel's Society Hill location at 420 Bainbridge Street. Each walk is about a mile long and will be lead by Excel personnel.

Physical therapists are health care professionals who diagnose and treat individuals of all ages, from newborns to the elderly, who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives. Physical therapists examine each individual and develop a plan of care using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. Physical therapists also work with individuals to prevent the loss of mobility by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

#### **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](http://www.excelphysicaltherapy.com).

**About The American Physical Therapy Association**

The American Physical Therapy Association ([www.apta.org](http://www.apta.org)) is a national organization representing physical therapists, physical therapist assistants, and students nationwide. Its goal is to foster advancements in physical therapist education, practice, and research. Consumers can visit [www.findapt.us](http://www.findapt.us) to find a physical therapist in their area, as well as [www.apta.org/consumer](http://www.apta.org/consumer) for physical therapy news and information.

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