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Joseph Ruhl, President of Excel Physical Therapy and Fitness, Speaks at Health Career Day for High School Students

Philadelphia, PA – *November 10, 2008* – Joseph Ruhl, PT, ATC, president of Excel Physical Therapy and Fitness, an out-patient physical therapy clinic with eight locations in the Philadelphia area, will be participating in the District of 1199C Training & Upgrading Fund's Health Career Day for High School Students workshop. The workshop will take place on November 13, 2008 from 12:30 – 1:30 p.m. at the Land Title Building of the Breslin Learning Center located at 100 South Broad Street in Philadelphia.

"I am excited to teach students about the opportunities available to them within the physical therapy profession, which is sometimes overlooked even though it is consistently topping top ten jobs lists around the country," says Ruhl. "A career in physical therapy offers the unique chance to work within a variety of environments like hospitals or private residences and with various groups of people such as pediatrics or geriatrics."

In addition to co-founding Excel Physical Therapy and Fitness in 1990, Ruhl has more than 20 years of industry experience and advance training in manual therapy, sports rehabilitation and sports performance enhancement for athletes. Excel Physical Therapy and Fitness is a leader in rehabilitation and physical therapy in the Delaware Valley.

The Health Career Day for High School Students workshop allows students to learn firsthand from healthcare professionals about the various careers within the healthcare field. All participating students are interested in pursuing a career in the healthcare field and are currently juniors or seniors at one of the nine participating Philadelphia area schools. The workshop is hosted by the District of 1199C Training & Upgrading Fund which provides Philadelphia area healthcare students and professionals basic and job skills training.

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