

**Midwest
Physical
Therapy
& Sports
Center**



Moving you to wellness.

Midwest Physical Therapy Earns Healthy Workplace Award

The Wellness Council of America (WELCOA) has awarded Midwest Physical Therapy and Sports Center of Lincoln a Bronze Level Well Workplace designation for its commitment to improving the health and well-being of its employees. In earning the distinction, Midwest Physical Therapy and Sports Center is recognized by WELCOA as one of “America’s Healthiest Companies.”

“It’s no surprise that an organization dedicated to the health and well-being of community residents is also committed to providing a healthy working environment for its employees,” according to Dr. David Hunnicutt, President of the Wellness Councils of America.

Midwest Physical Therapy and Sports Center implemented its own Employee Wellness Program under the direction of its Wellness Committee. The wellness program offers an incentive program, which rewards healthy behaviors, such as exercise, nutritious eating, and hydration (water intake). In addition, physical therapists perform desk ergonomics assessments for all office employees. Educational speakers also address a variety of areas ranging from financial planning to asthma prevention.

“Since physical therapists are concerned about patients’ overall wellness, we feel that having a wellness program at Midwest Physical Therapy and Sports Center shows our commitment to wellness in the workplace, “ according to Renee Tewes, physical therapist and owner of Midwest Physical Therapy and Sports Center. The clinic is a member of Workwell, Inc., a locally based wellness affiliate to WELCOA.

Established in 1996, Midwest Physical Therapy and Sports Center has grown from a single clinic to three locations in the Lincoln area with 12 physical therapists and physical therapist assistants. For more information, please call: 436-2535 or go to www.midwestphysicaltherapy.com

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