

Featured Specialty Treatments



Deep Tissue Laser

Used by college and pro athletes. Laser Therapy is a non-invasive FDA approved treatment that uses light energy in the infrared spectrum to reduce pain and inflammation.



ART - Active Release

Therapy technique using the combination of manual pressure and controlled motion. ART can alleviate symptoms that have been unresponsive to other treatments.



Graston - Instrument Assisted

Instruments massage the damaged site and reintroduces microtrauma. While healing, damaged tissue is replaced and reformatted through proper stretching and exercise.



Hot Stone Trigger Point

Therapeutic massage integrating smooth, heated stones. The stones soothe and relax muscles & joints which are then more responsive to therapeutic massage and trigger point release.



Deep Tissue Massage

Used for chronic aches and pains, deep tissue massage focuses on realigning deeper layers of muscles. Ideal for stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.



Cupping Therapy

Popular with Olympic athletes like Michael Phelps. Cups are placed to help pre-stretch the underlying fascia. Exercises then increase stretch, improve blood flow and lymphatic drainage.

Corporate Wellness Program

Finally! A wellness program designed just for small businesses (under 100 employees) ...

The benefits of corporate wellness incentive programs have been well documented - that's why big corporations keep increasing their incentive spending year after year. Between 2010 and 2015, per employee wellness incentive spending increased from \$430 to \$693 - that's 61%!

But most small companies can't afford that - so we created a program with **no membership fees** that encourages health and wellness and saves employees money on the fitness and wellness services they enjoy.

How it Works

Participating businesses partner with OrthoWell to provide their employees access to a **variety of discounted medically supervised wellness services** designed to safely promote feelings of well-being, physical fitness, and reduced risk of injury at work and at leisure.

- **24hr priority booking for physical therapy screenings.**
- Your employees receive a 25% discount on all wellness services and packages featured in this brochure.*
- Your employees and their families receive free injury screenings.
- Employers receive free workplace ergonomics consultations.
- **No employer costs** or membership fees.

* Discounts do not apply to prescribed care and medically necessary services covered by insurance.

How to Get Started

If you are an employer who received a membership card, simply call to activate your card and book your introductory screening. If you would like additional membership cards for co-workers or employees, please let us know. In order to provide priority booking, memberships are limited.



Beverly (978) 522-4199 | NBPT (978) 462-2700
orthowellpt.com



Welcome To
The Lifestyle Of Corporate Wellness

Corporate Wellness Program

OrthoWell
Orthopedic & Sports Physical Therapy

100 Cummings Center
Suite 455C
Beverly, MA 01915

978-522-4199

37-1/2 Forrester St.
Suite B
Newburyport, MA 01915

978-462-2700

orthowellpt.com

Medically Supervised Wellness Packages & Physical Therapy - Safe & Highly Effective

Participating Preferred Corporate Member Benefits:

No membership fees, free injury screenings, reduced rates on personal training, massage, and physical therapy maintenance services. All services are medically supervised by our Doctors of Physical Therapy and include **24 Hour priority booking** for initial injury screenings. Preferred corporate members enjoy 25% off all services included in the packages as listed below.

Physical Therapy, Massage, & Personal Training Packages

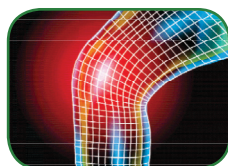
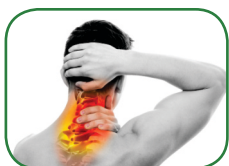


PT Explorer

\$0 For injuries & chronic pain.



Ideal for: Anyone with injuries and lingering pain. FREE injury & chronic pain screenings. Try PT first for back, neck, & extremity pain. Massachusetts is a direct access state. This means you can look to your OrthoWell Doctor of Physical Therapy as your **first point of contact** when seeking treatment for any musculoskeletal pain condition. Since physical therapy is now prescribed as part of the first line of defense for most back, neck, joint, and muscle pain, it makes good sense to take advantage of your **24hr priority booking** status for any injury or chronic pain complaint. **Consult with your OrthoWell Doctor of Physical Therapy first.**



Back, neck, & extremity pain. Arthritis. Hand, wrist, shoulder, elbow, hip, knee, ankle, & foot.



Physical Therapy & Post-Rehab Maintenance

\$540 - a \$210 savings.



Ideal for: 1) **People having trouble exercising** due to pain or limited mobility. 2) **Sport/recreation enthusiasts prone to injury** (running, tennis, golf, etc.). 3) **Desk jockeys** experiencing back, neck, hand/wrist pain, eye fatigue, or tension headaches. 4) **Workers on the go** all day who experience physical fatigue.

- Prescribed Physical therapy is covered by your insurance company. Maintenance visits are not.
- Post Rehab Maintenance package: 6 Visits up to 60 minute sessions which include any of the following:



- Physical Therapy - Deep Tissue Laser - ART (Active Release) - Graston
- Hot Stone Massage - Deep Tissue Massage (30 min) - Cupping Therapy



Flexible Personal Training

\$390 - a \$120 savings.



Ideal for: Anyone who is generally pain-free and seeking to focus entirely on the intensity of their workout and building conditioning. Training can be done 1-1 or in small groups of 2-3. Personal training packages include:

- 6 hours of 1-1 personal training, booked in 60 minute intervals, or
- 8 hours of small group sessions (2-3 individuals), booked in 60 minute intervals.
- Any combination of 1-1 and group sessions, not to exceed 7 total hours.



1 on 1 or group sessions of 2-3 people



Ultimate Massage

\$480 - a \$120 savings.



Ideal for: Anyone who enjoys the beneficial effects of therapeutic massage for good health, mindfulness, and relaxation. An excellent compliment to physical therapy and personal training packages. Massage packages include 6 hours of any of the following:

- 6 hours (booked in 60 minute blocks):



- Deep Tissue - Sports Massage - Hot Stone Trigger Point Release
- Hot Stone Full Body Deep Relaxation & Rejuvenation