



## Injury Prevention with Physical Therapy Services

Consider utilizing physical therapy services, such as one-on-one evaluations and treatments, to help you prepare for the QLife Virtual 5K .

An initial evaluation can help to identify problems with strength, flexibility, or movement patterns that may put you at risk for injury. The physical therapist will provide recommended treatments and a home exercise plan. Eligible employees may utilize the QuadMed Health Center physical therapy services through two options:

- **Direct Access:** Your state may allow eligible employees to see a physical therapist without a prescription or referral. Please contact your local QuadMed facility to see if this is an option for you!
- **Prescription:** A prescription can be written by a QuadMed provider or from an outside provider.

In addition to injury prevent and treatments, physical therapists can educate you on running progressions as well as performance enhancement.

Questions? Contact [quadwellness@quadmedical.com](mailto:quadwellness@quadmedical.com)