City of Milwaukee

Injury Prevention Clinic
(formerly Early Intervention Physical Therapy Clinic)

Preventive measures and care to address new strains, muscle and joint issues before they become more serious.

Location:
Room 101/Located in Wellness Center
841 N. Broadway, Milwaukee (Zeidler Municipal Building)
Enter through the Market St. entrance on the corner of Kilbourn Ave. and Market St.

Hours and Appointments:
Monday and Thursday:
11:30 a.m. - 3:30 p.m.

To make an appointment, please call 414-777-3413.

Cost:
The clinic is FREE for all City of Milwaukee employees and spouses/partners regardless of enrollment in the City’s Health Insurance.

Parking:
Visitors may park at the 1000 N. Water Street parking structure and must bring a parking ticket to the appointment in order to get a parking voucher.

Services:
- Pain management education
- Exercise instruction
- Injury prevention tips
- Recommendations for self-management of symptoms
- Education on correct posture and body mechanics for performing tasks safely

Top Reasons to Visit the Clinic:
- Shoulder pain
- Back pain
- Knee pain
- Wrist and hand pain
- Foot and ankle pain

If you are currently or have previously been treated by a provider (Physician, Nurse Practitioner, Chiropractor, etc.) for a condition, the clinic cannot see you for the same condition.
What are the Injury Prevention Clinic hours?
The clinic is open Monday and Thursday from 11:30 a.m. - 3:30 p.m.

How do I make an appointment?
Call 414-777-3413 to schedule an appointment.

• If you are currently or have previously been treated by a provider (Physician, NP, Chiropractor, APNP, etc.) for a condition, the clinic cannot see you for the same condition.
• Proof of visit, work excuses or return to work certificates can be provided at the appointment. Work restrictions cannot be provided.

Is there a cost to use the Injury Prevention Clinic or do I need to be enrolled in the City's health insurance?
There is no charge for employees and spouses/partners to use the Injury Prevention Clinic and participants do not need to be enrolled in the City's health insurance.

Who operates the Injury Prevention Clinic?
The clinic is operated by Froedtert & the Medical College of Wisconsin Workforce Health and staffed by a licensed physical therapist.

What types of services are offered at the Injury Prevention Clinic?
• Screening, consultation and education services to prevent and address potential musculoskeletal injuries that occur at work or home prior to them becoming more serious.

• Interventions including stretching, strengthening and conditioning exercises.

• Recommendations for self-management of symptoms including education on correct posture and body mechanics for performing tasks safely.