

City of Milwaukee Injury Prevention Clinic is offering Virtual Visits

Virtual visits for preventive measures to address new strains, muscle and joint issues before they become more serious. This is FREE to City employees and spouses regardless of insurance coverage.

To schedule a virtual visit appointment,
call 414-777-3413.

Hours: Monday: 8:00 a.m. - 12:00 p.m.
Wednesday: 12:30 p.m. - 4:30 p.m.

Services Available:

- Optimize ergonomics for office and home workstations
- Pain management education
- Exercise instruction
- Injury prevention tips
- Recommendations for self-management of symptoms
- Education on correct posture and body mechanics to perform tasks safely

Top Reasons to use the Injury Prevention Clinic:

- Shoulder pain
- Back pain
- Knee pain
- Wrist and hand pain
- Foot and ankle pain

If employees are currently or have previously been treated by a provider (Physician, Nurse Practitioner, Chiropractor, etc.) for a condition, the clinic cannot see them for the same condition.

In-person visits are temporarily suspended due to the COVID-19 pandemic.



Workforce Health



City of Milwaukee Injury Prevention Clinic FAQ



What are the Injury Prevention Clinic hours?

- Monday: 8:00 a.m. - 12:00 p.m.
- Wednesday: 12:30 p.m. - 4:30 p.m.

How do I make an appointment?

Call 414-777-3413 to schedule a virtual appointment.

- Clinic staff will walk you through the process to schedule an appointment for a virtual visit.
- 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.
- Proof of visit, work excuses or return to work certificates can be provided at the appointment for conditions currently being addresses at the clinic. 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 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.



Workforce Health