

# City of Milwaukee Injury Prevention Clinic



- The City's Injury Prevention Clinic provides comprehensive preventive measures to address new strains, muscle and joint issues before they become more serious
- This Service is free to City employees and spouses regardless of insurance coverage.
- The Injury Prevention Clinic is staffed by Froedtert & the Medical College of Wisconsin licensed, board-certified Physical Therapists.
- Patients who visit the Injury Prevention Clinic have access to MyChart®, a web-based portal, to view their health history and visit results.

**To schedule an in-person or virtual appointment, call 414-777-3413.**

**Wednesday:** 12:30 p.m. - 4:30 p.m.

**Friday (NEW):** 8 a.m. - 12 p.m.

**Location:** Zeidler Municipal Bldg.; 841 N. Broadway, Milwaukee  
Enter through Market St. entrance (corner of Kilbourn and Market St.)



## 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 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.



**Workforce Health**

# City of Milwaukee Injury Prevention Clinic



## FAQ

### How do I know if I should schedule an in-person or virtual appointment? What services are best with a virtual visit?

- The scheduling staff will be able to help you determine if an in-person or virtual visit is best for you.
- A virtual visit is a quick and convenient way to initiate the process and allows the Physical Therapist to assess your concern and recommend an in-person visit, if needed.
- Home office desk/ergonomic set up concerns are best seen in a virtual format.

### Is there designated parking for the Injury Prevention Clinic?

- Patients visiting the clinic may park for FREE at the 1000 N. Water Street parking structure and must bring their parking ticket to the appointment in order to get a parking voucher.

### What is the difference between the services at the Injury Prevention Clinic and services provided at a physical therapy office/clinic?

- Services provided at a **physical therapy office/clinic** follow a specific, individualized plan of care where specific treatment is provided for a therapy diagnosis.
- The **Injury Prevention Clinic** is meant for early symptoms and conditions that are not being treated by other providers or significantly interrupting daily activities.

### Can work restrictions be issued by the Injury Prevention Clinic?

- Physical Therapists are unable to write work restrictions because medical restrictions required for work must come from an advanced practitioner (e.g. Medical Doctor, Physician Assistant, Nurse Practitioner).

### Do you have access to dry needling, ultrasound and other types of treatment modalities?

- Ice and heat can be provided in the clinic, but other treatment modalities are not provided.

### Why can't I be seen if I am seeing a Chiropractor or another provider for the same condition?

- This is considered medical management for the condition and would not be eligible for participation at the Injury Prevention Clinic.

### 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.



Workforce Health