



NEWS RELEASE  
November 14, 2011

Robert Babb, PT, M.B.A.  
PTW—Physical Therapy & Wellness Institute  
Phone: (215) 855-9871  
Email: [therababb@comcast.net](mailto:therababb@comcast.net)  
Website: [www.ptwinstitute.com](http://www.ptwinstitute.com)

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FOR IMMEDIATE RELEASE

### **PTW Helping Norristown Firefighters Keep You Safe!**

Doctor Jim Fagnani of the Physical Therapy & Wellness Institute will be conducting a complimentary wellness presentation for the Norristown Fire Department on Thursday, November 17th at 8:15 AM.

Dr. Fagnani will present firefighter statistics and specific exercises for a firefighter in a dynamic presentation format. Jim has written a specific wellness program for the Norristown firefighters to do in the gym and at the fire house during idle time.

The PTW mission is to help the firefighters avoid injury. To do this, the goal is for each firefighter to improve their strength and cardiovascular abilities, in turn improving their performance on the job.

In the past, the Norristown Firefighters have had the opportunity to use the Fire station gym, but without specific direction. With a graded exercise program, significant evidence exists regarding reduction of sick time, reduction of injuries, and improved return to work time with firefighters injured on the job. (1)

As another PTW community event, the group therapy practice remains committed as community partners in all our localities of practice.

PTW—Physical Therapy & Wellness Institute has been offering quality care for those recovering from injuries, surgeries, muscle traumas and skeletal disorders since 2002. With locations in Lansdale, Quakertown, Montgomeryville, and West Norriton, PTW offers convenient, quality care provided by a team of 12 licensed physical therapists. Their facilities feature state of the art exercise equipment, an aquatic center, industrial medicine programs, wellness programs, and medically based fitness programs. PTW is also licensed for direct access, so that clients may contact them directly without a referral from a physician.

Call today (215) 855-9871 for more information on how the folks at PTW may be able to help you or your community programs, or visit us at [www.ptwinstitute.com](http://www.ptwinstitute.com)

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(1) *PHYS THER.* 1992; 72:279-290

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**LANSDALE**  
730 South Broad Street  
Lansdale, PA 19446  
Phone: 215.855.9871  
Fax: 215.855.8748

**QUAKERTOWN**  
1440 W. Broad Street  
Quakertown, PA 18951  
Phone: 215.538.9911  
Fax: 215.538.1862

**MONTGOMERYVILLE**  
800 Upper State Road  
North Wales, PA 19454  
Phone: 215.855.1160  
Fax: 215.855.5109

**TROOPER**  
2456 West Main Street  
West Norriton, PA 19403  
Phone: 610.630.0101  
Fax: 610.630.1068