



NEWS RELEASE  
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FOR IMMEDIATE RELEASE

## Joint are Jumping at PTW this holiday season

With 168 hours in a December week, you’ll be challenged this year with weekend shopping, nightly family dinners, work parties, and a whole bunch of other physical challenges. This year, PTW offers another community partner program called **Joints are Jumping!**

**Joints are Jumping** a program that offers a complimentary screening of your painful joint or back. This includes recommendations, advice, and self-help ideas, one-on-one with a Physical Therapist in our Lansdale office, anytime from 6 am to 8am, by appointment. This special will run from Black Friday until Christmas Eve.

That way, you or your staff can go about the busy day, uninterrupted, meeting the hectic holiday schedule.

In exchange you gain knowledge from the experts. PTW is the only practice group in the area offering stand-alone Physical Therapy, Aquatic Therapy, Industrial Medicine, and Wellness programs, all under one roof, with no waiting lines, with a focus on painful joint and spine conditions.

As an additional benefit, the first 10 screenings receive a copy of the PTW booklet on “**10 things to do today to help with your joint pain**”. This booklet provides evidence driven ideas on taking proper care of an arthritic joint, including exercise, humor, and eating habits.

Call today (215) 855-9871 to schedule a complimentary screening to keep your joints jumping this upcoming holiday season, or visit us at [www.ptwinstitute.com](http://www.ptwinstitute.com)

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, Montgomeryville, Quakertown, and Montgomeryville, 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.

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