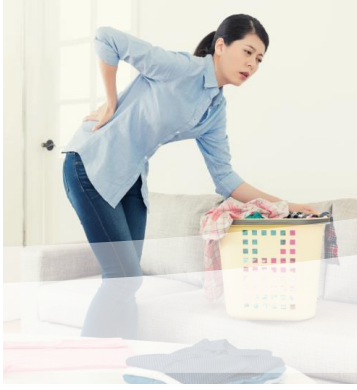




Employee Injury Prevention Clinic

UW—Madison's **free** consultative physical therapy clinic for employees. The clinic provides preventive care to address new musculoskeletal conditions before they worsen. This clinic is currently being offered to FP&M employees.

Services available:

- Custom exercise program
- Pain and symptom management education
- Injury prevention strategies
- Posture and movement analysis
- Health and wellness education

We work with: Back pain, neck pain, shoulder pain, knee pain, hand and wrist pain, foot and ankle pain

To request an appointment:

- Step 1: Complete pre-visit forms on myUHS
- Step 2: Schedule visit upon approval

Hours: Mondays, 12:30 - 4:30 p.m.

Location: 333 East Campus Mall, 6th floor Green Clinic



Scan here

To learn more:

ehs.wisc.edu/ergonomics

Frequently Asked Questions

Can I go to Employee Injury Prevention Clinic during work hours?

Yes. If your appointment time is during your work hours, you may go during paid time.

Do I have to tell my supervisor why I am going to the clinic?

No. You do not have to share *why* you are going to the clinic. Like other healthcare appointments, you only need to tell your supervisor you have an appointment at this clinic.

Will you share my appointment notes with my supervisor?

No. This is your protected health information. However, we can provide a note saying you were at the clinic during your appointment time.

If I got injured during my job, can I visit this clinic?

No. Please follow the Office of HR's worker's compensation's process. If you have a medical emergency, please dial 911 or go to the nearest emergency department.

Can I visit the clinic if I don't currently have an injury?

Yes! We want to prevent injuries. If you notice discomfort or are worried you may be at risk of an injury (e.g., from repetitive motions or awkward postures) you can visit the clinic.

What should I wear to my appointment?

Wear comfortable or loose-fitting clothing. You may be asked to expose skin in the area being treated, but this is not required.

What should I expect during my appointment?

A licensed physical therapist will review your medical history and screen your condition. They may take measurements and observe your movement, mobility and strength. You will always be asked for permission before any physical contact. You may be provided with recommendations for symptom management and exercises.

How long is an appointment and how often would I visit the clinic?

Appointments usually last 30-60 minutes. Expect between one to three visits. There is a three-visit limit per condition. Conditions requiring prolonged care would be best addressed by your healthcare provider.

What if I don't have insurance?

This clinic is free of charge for UW-Madison employees. We do not bill insurance.

What if I need help requesting an appointment?

Contact us at ergonomics@fpm.wisc.edu or go to ehs.wisc.edu/ergonomics to learn more or request assistance.

For interpretation and translation services, please call Cultural Linguistic Services:

ESPAÑOL / SPANISH: 608-265-0838; HMOOB / HMONG: 608-263-2217;

བོད་སྐད་ TIBETAN: 608-890-2545; 中文/ CHINESE: 608-890-2628; नेपाली/ NEPALI: 608-262-7521