

# Injury prevention with physical therapy services



Consider using physical therapy services, such as one-on-one evaluations and treatments, to help you prepare for the QLife 5K Walk/Run/Roll.

An initial evaluation can help to identify problems with strength, flexibility or movement patterns that may put you at risk for injury. The physical therapist will provide recommended treatments and a home exercise plan. Eligible employees may use the QuadMed Health Center physical therapy services through two options:

- **Direct access:** Your state may allow eligible employees to see a physical therapist without a prescription or referral. Please contact your local QuadMed facility to see if this is an option for you!
- **Prescription:** A prescription can be written by QuadMed or from an outside provider.

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**Questions?** Contact  
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