

## Clinic information part 3

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**Carrie Burger, MPT**  
Prevea Physical Therapist

### *Neenah Joint School District Health & Wellness Center*

#### **Physical Therapy**

Mon. 1 to 5 p.m.  
Tues. 1 to 5 p.m.  
Wed. 6 to 10 a.m.  
Thurs. 1 to 5 p.m.

Examples of conditions  
treated by PT:

- Neck, mid back, and low back pain
- Headaches
- Shoulder pain
- Elbow pain
- Hip pain
- Knee pain
- Foot and ankle pain
- Numbness/tingling due to spine or nerve problems
- Sprains, strains, and other injuries related to work, sports, and personal activities
- Post-operative rehabilitation
- Weakness
- Tightness
- Postural issues

Last week we talked about how to schedule, some finer points on fees for clinic utilization, and met the clinic health assistant. Today we will talk about physical therapy. My name is Carrie Burger, and I am a licensed physical therapist. I began practicing nearly 20 years ago after earning both a Bachelor of Science degree in Kinesiology and a Master of Physical Therapy degree from UW Madison. Much of my career has been spent in outpatient settings, and over the years I have pursued continuing education to expand my knowledge and skills in the areas of orthopedics, sports medicine, manual therapy, exercise, chronic pain, geriatrics, vestibular rehabilitation, diagnostic imaging, custom orthotics, and trigger point dry needling.

I joined the Neenah Joint School District Health and Wellness Center in January 2020, and I truly enjoy working here. It is a wonderful setting where I get to see an interesting mix of diagnoses and have the ability to spend the time needed to really listen, thoroughly evaluate, provide customized, one-on-one treatments, and educate, involve, and empower the patients to maximize benefits and achieve their goals. I am able to see employees who are eligible for the school district's insurance plan, as well as their spouses and dependents. I see patients ages 8 and up, and in most cases a referral is not required. For those on the district's insurance the cost is just \$35 per visit, and for those who are clinic-eligible but not on the district's insurance the cost is \$65 per visit.

I provide care for a wide variety of musculoskeletal complaints, including those stemming from chronic conditions, personal injuries, work-related injuries, sports injuries, sprains, strains, and surgery recovery, and services may address injury prevention and/or involve orthopedic rehabilitation, sports medicine, spine care, manual therapy, stretching or strengthening programs, functional retraining, dry needling, custom orthotics, ergonomic assessments, and patient education.

On a personal note, I live in Greenville with my husband, two sons, and golden retriever. This time of year, we are very busy with hockey. My older son plays for NHM (go Rockets!), and my younger son plays for Fox Valley Youth Hockey Association (go Blades!). Outside of our time at work, school, and ice rinks, we also enjoy relaxing at the family cabin up north. I especially enjoy warmer-weather activities there, including four-wheeling, fishing, swimming, kayaking, and water skiing. Next week we'll talk about updates for 2023.