



City of Milwaukee

**Injury Prevention
Clinic Hours:**

Monday:

8:00 a.m. - 12:00 p.m.

Wednesday:

12:30 p.m. - 4:30 p.m.

Appointments:

To make an appointment, call

414-777-3413

Location:

*Lower Parking Level of
Zeidler Municipal Bldg.
841 N. Broadway, Milwaukee*

*Enter through the Market St. entrance
on the corner of Kilbourn Ave.
and Market St.*

Free Parking:

Visitors may park at the 1000 N. Water Street parking structure and must bring a parking ticket to the appointment in order to get a parking voucher.

In partnership with



Workforce Health

Injury Prevention Clinic



Preventive measures and care to address new strains, muscle and joint issues before they become more serious.

Services Available:

- Pain management education
- Exercise instruction
- Injury prevention tips
- Recommendations for self-management of symptoms
- Education on correct posture and body mechanics for performing tasks safely

Top Reasons to Visit the Injury Prevention Clinic:

- Shoulder pain
- Back pain
- Knee pain
- Wrist and hand pain
- Foot and ankle pain

If you are currently or have previously been treated by a provider (Physician, Nurse Practitioner, Chiropractor, etc.) for a condition, the clinic cannot see you for the same condition.

Cost: The clinic is FREE for City of Milwaukee employees and spouses regardless of enrollment in the City's Health Insurance.

City of Milwaukee

Injury Prevention Clinic

FAQ



What are the Injury Prevention Clinic hours?

- Monday: 8:00 a.m. - 12:00 p.m.
- Wednesday: 12:30 p.m. - 4:30 p.m.

How do I make an appointment?

Call **414-777-3413** to schedule an appointment.

- If you are currently or have previously been treated by a provider (Physician, NP, Chiropractor, APNP, etc.) for a condition, the clinic cannot see you for the same condition.
- Proof of visit, work excuses or return to work certificates can be provided at the appointment. Work restrictions cannot be provided.

Is there a cost to use the Injury Prevention Clinic or do I need to be enrolled in the City's health insurance?

There is no charge for employees and spouses to use the Injury Prevention Clinic and participants do not need to be enrolled in the City's health insurance.

Who operates the Injury Prevention Clinic?

The clinic is operated by Froedtert & the Medical College of Wisconsin Workforce Health and staffed by a licensed physical therapist.

What types of services are offered at the Injury Prevention Clinic?

- Screening, consultation and education services to prevent and address potential musculoskeletal injuries that occur at work or home prior to them becoming more serious.
- Interventions including stretching, strengthening and conditioning exercises.
- Recommendations for self-management of symptoms including education on correct posture and body mechanics for performing tasks safely.