



The Integrated Rehabilitation Services Community

By Mike Bidwell, ATC, CSCS

Welcome to the Integrated Rehabilitation Services (IRS) Community, our newest feature to the newsletter. As a local, physical therapist owned company we are able to give back to the communities that support us in many different ways. Since we look at our business as an extension of the communities that we serve, our aim is to educate people in the science of physical therapy. Our philosophy is that we are here when you need us, but prevention is a key to maintaining good musculoskeletal health.

For nearly 10 years, IRS has presented lectures, programs, in-services, and hands-on clinics aimed at the prevention of orthopedic related injuries. Annually, we support high school career days as well as work shadowing programs. We have written numerous articles in local publications, both as expert contributors and topic specific issues. Our lectures and articles have covered topics ranging from the head to the toe. Our community driven programs have included our annual physical therapy month lecture series, health fairs, blood drives, road races, and senior programs. We provide educational in-services to physician offices and personal trainers' at local fitness centers. In an effort to keep our many local sports teams healthy, we offer strength and conditioning clinics as well as educational seminars. IRS is a regular contributor for The Sports Department newspaper. Regardless of the difficult economic times, we are able to sponsor countless events for non-profit companies as well as local teams and events.

Please join us as we team up with the American Red Cross to host a **Blood Drive on Tuesday June 22 1-6pm in our Tolland office.**

Integrated Rehabilitation Services

9B Fieldstone Commons
Tolland, CT 06084

phone: 860-870-9800

fax: 860-870-9806

email: tolland@integrehab.com