

POWR

PERSONALIZED ORTHOPEDIC WEIGHT REDUCTION

MORE THAN A WEIGHT LOSS PROGRAM IT'S A LIFESTYLE CHANGE

WHAT POWR CAN DO FOR YOU:

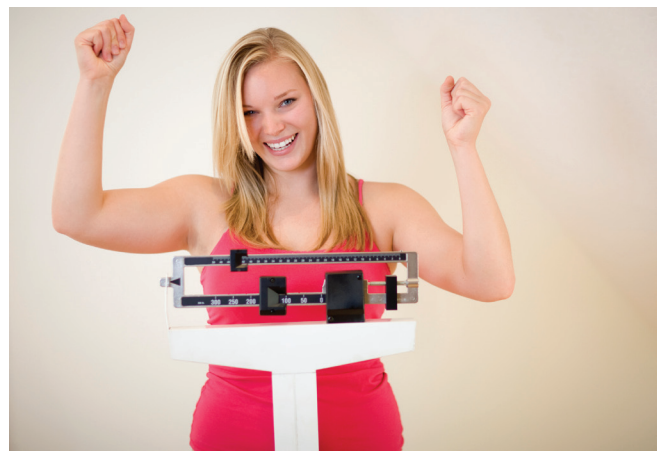
This program can help you get your life back on track! KORT will help you lose weight and get healthier while also improving your pain and mobility. You will participate in rehab with a physical therapist that also specializes in the POWR program. It's a 2-for-1! You will receive exercise instruction and nutritional support to help you create long term diet and exercise habits for a healthier YOU!

HOW IT WORKS:

The POWR program is incorporated into a patient's physical therapy sessions and addresses the nutritional aspect of weight loss. This process allows the physical therapist to treat a patient's orthopedic conditions while also helping them lose weight to improve their health and wellness. Several KORT Physical Therapists are certified in the POWR program. It is covered by most insurance plans while patients are participating in physical therapy. Once a patient has been discharged from physical therapy and their orthopedic conditions have improved, they can continue with the POWR program for long term continued weight loss management and support.

APPOINTMENTS:

- The POWR program is reviewed at the initial physical therapy evaluation.
- During your physical therapy appointments the physical therapist will review the POWR program with you; which includes reviewing food charts, educational handouts and weekly weigh-ins to track your progress.
- Once a patient is discharged from Physical Therapy they can continue the POWR program for weekly weigh-ins and review of their food charts with the physical therapist for continued long-term support and accountability.



COST:

- The POWR program is covered by most insurance plans, but there is also a self-pay option.
- There is a \$30 fee for the POWR binder, which includes educational tools, motivational handouts and food charts.
- For long term weight loss results, it is recommended to continue with the POWR program after discharged from physical therapy. There is a \$10 charge per session for weekly meetings.

KENTUCKY ORTHOPEDIC REHAB TEAM
KORT
The Best In Rehab.

www.KORT.com

1-800-645-KORT

POWR LOCATIONS:

Louisville Area

Crestwood
6003 Pleasant Colony Ct, Suite 3
Crestwood, KY 40014
(502) 241-5597

Downtown
210 E. Gray St, Suite 807
Louisville, KY 40202
(502) 587-9350

English Station
12935 Shelbyville Road
Louisville, KY 40243
(502) 489-5002

Fern Creek
9368 Cedar Center Way
Louisville, KY 40291
(502) 231-3979

Goss Ave
1227 Goss Ave
Louisville, KY 40217
(502) 636-1200

J-Town
2152 S Hurstbourne Pkwy
Louisville, KY 40220
(502) 499-0107

Partners in Physical Therapy (St. Matthews)
616 Executive Park
Louisville, KY 40207
(502) 896-9355

Preston
7926 South Preston Highway, Suite 101
Louisville, KY 40219
(502) 964-5404

Shively
4420 Dixie Hwy, Suite 122
Louisville, KY 40216
(502) 447-2750

Springhurst
3584 Springhurst Blvd
Louisville, KY 40241
(502) 339-4700

Valley Station
10631 Dixie Highway
Louisville, KY 40272
(502) 933-1777

Surrounding Area

Bardstown
875 Pennsylvania Avenue, Suite A
Bardstown, KY 40004
(502) 349-6961

Brandenburg
815 Hillcrest Drive, Suite C
Brandenburg, KY 40108
(270) 422-3366

Corydon
2363 Hwy 135 NW, Suite 117
Corydon, IN 47112
(812) 734-1918

Frankfort
111 Westridge Drive
Frankfort, KY 40601
(502) 227-3186

Jeffersonville
2784 Meijer Blvd, Suite 1A
Jeffersonville, IN 47130
(812) 218-8039

Lawrenceburg
1055 Corporate Dr
Lawrenceburg, KY 40342
(502) 517-0187

Lebanon
703 E Main St, Suite 1
Lebanon, KY 40033
(270) 699-9503

New Albany
3626 Grant Line Rd, Suite 105
New Albany, IN 47150
(812) 944-1377

Shelbyville
160 Frankfort Rd
Shelbyville, KY 40056
(502) 257-8452

Shepherdsville
115 Huston Dr, Suite 3
Shepherdsville, KY 40165
(502) 921-0272

Winchester
1547 Bypass Rd
Winchester, KY 40391
(859) 744-4411



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