

Have you met your new Physical Therapist?

We're pleased to introduce you to Ryan Cordell, your Physical Therapist at the QuadMed Health & Wellness Center in Lancaster & Lebanon, PA.



Ryan Cordell, Physical Therapist - NOW SEEING PATIENTS!

Ryan originally started working in 2010 as a physical therapist assistant at Lancaster General Health with experience in the outpatient and aquatic therapy settings. After three years, Ryan decided to go back to school and graduated summa cum laude with a Bachelor's Degree from California University of PA with a major in sports management and a minor in wellness and fitness.

He then continued on to Chatham University where he obtained his Doctorate of Physical Therapy in 2015. During Ryan's three years as a PTA in outpatient, he helped patients with a variety of primarily orthopedic conditions from sprains and strains to post-op recovery. He has employed a variety of treatment techniques to aid his patients in their rehab including manual therapy, kinesio taping, aquatic therapy, functional strengthening, and balance interventions. Ryan believes in educating his patients to help them understand their condition and their role in returning to a healthy and active lifestyle.

Exclusively for IU13 employees and their covered dependents*, the QuadMed Health & Wellness Center solves a common problem - finding medical care that's high quality and personalized yet still affordable; and fitting all that into your family's busy schedule.

Physical Therapy will address symptoms that are preventing you from participating in the activities that you enjoy as well as everyday tasks.

Find out why *"working with us is good therapy"*.

Schedule your appointment today!

Call Ryan at **844.342.1752 ext 8505** for Physical Therapy

* The QuadMed Health & Wellness Center is available for IU13 employees and their dependents (ages 2 and up) who are currently participating in the IU13 medical plan.