

Owner
Benjamin L. Kolly PT,
DPT, OMPT, ATC

Ben worked as an Athletic Trainer for eight years prior to receiving his Physical Therapy degree. Shortly thereafter he pursued his Doctorate degree and specialist degree in Orthopedic Manual Physical Therapy to master his clinical skills as a Physical Therapist. He was raised in Petoskey Michigan and has worked in Petoskey, Alpena, Gaylord, and Indian River. He is a member of the APTA, MPTA, NATA, and MATS. He has taught anatomy, physiology, and personal health at the collegiate level. He has attended numerous continuing education classes and spent 12 years of college attaining his numerous degrees. Ben is certified to perform FCE's and is an APTA Credentialed Clinical Instructor. His specialties include spinal care, industrial/occupational medicine, athletic medicine, total joint replacements, sports enhancement, and challenging orthopedic injuries. In his spare time he referees collegiate and semi-professional soccer as well as instructs, mentors, and evaluates youth referees. He is a member of the Knights of Columbus and a member of the Parks and Recreation Board for Tuscarora Twp. Ben and his wife, Julie, live in Indian River with their three children, Andrew, Marissa, and Ty.



Physical Therapy: Xcel Physical Therapy offers state of the art rehabilitation programs that includes both a hands on approach as well as exercises tailored to your specific needs. We believe in a functional, interactive approach to exercise and as such emphasizes real life movements and multi-directional training. To maximize safe return to functional activities, evaluate specific performances, and keep rehabilitation fun, Xcel Physical Therapy incorporates the Wii™ into many interventions. We are one of the pioneers to use this system for rehabilitation and definitely the first in Northern Michigan.

Occupational Therapy is a field of medicine that focuses on enabling people to do the activities of daily life. What we find in Michigan is that Occupational Therapists in the outpatient setting typically see patients that have had surgeries of the hand and wrist and requiring fine motor skills.

For more information or specific details about any of our services please call us or visit

Hours:

Mon, Tues, Thurs: 6:30am-6:00pm
Wed: 6:30am -3:00pm
Fri: 6:30am-6:00pm (if needed)
Sat 9:00am-11:00am
Additional hours by appointment

3412 S. Straits Hwy, Suite 2
P.O. Box 829
Indian River, MI 49749
(corner of River St & Straits Hwy)

Phone: 231-333-3120 or
238-4090
Fax: 231-333-3122
<http://xceltherapy.com>



Work Better • Play Better • Live Better

Our Mission Statement :

“To provide unparalleled rehabilitation to our Northern Michigan clients.”



231-238-4090

About Xcel Physical Therapy, PLC

At Xcel Physical Therapy our goal is deliver personalized Physical Therapy in a 1:1 atmosphere with your goals as our priority. Your Physical Therapist will work with you every session and you will not be assigned a non-licensed staff for your rehabilitation.

Although Ben has worked with most every condition he specializes in back and neck care, total joint replacements, work injuries, sports enhancement, sports injuries, and all orthopedic (muscle and joint) conditions. Mr. Kolly has extensive schooling and advanced training in orthopedic injuries of all kinds. His level of education and experience is superior to those in Northern Michigan. He holds a doctoral degree as well as a post professional degree in manual physical therapy.

Ben opened Xcel Physical Therapy to give patients the quality care they deserved.

Our Services:

OMPT: Orthopedic Manual Physical Therapy (OMPT) is a specific method of practice in physical therapy that is obtained after successfully passing a 2 year graduate program including residency hours. OMPT practitioners utilize their extensive knowledge of biomechanics, kinesiology, and anatomy to identify the SOURCE of your symptoms and then specifically treat those segment(s) utilizing the use of safe specific

stretches, soft tissue techniques, three dimensional traction, therapeutic exercise, as well as mobilization/manipulation techniques when appropriate to the joints including the spine.

Sports Medicine: Often described as a subfield of medicine that deals with the prevention, diagnosis, and treatment of injuries arising from exercise and sport. We offer sports rehabilitation, athletic training, sport specific drills, sports enhancement and physical training to all active clients, not just the “athletes”. Specific strategies used by Xcel include sport specificity, rehabilitation, core stability, agility training/drills, athletic taping/splinting, on the field evaluations, sports conditioning, and return to sports. Ben Kolly has worked at the Division I collegiate level as well as semi-professional level. He has worked at several sports camps, Michigan high school state finals, MAC and Big 10 championships. Ben has developed programs proven to 1) reduce knee injuries, 2) reduce shin splints, and 3) improve speed and jumping.

Community Fitness: We promote active lifestyles & preventative medicine. It is with this belief that we offer community programs at a reasonable price. You can become a part of *Step Above*, our independent exercise program, for \$30/month or \$50/couple. Staff is available to establish a regime or demonstrate how the equipment works. You can also enroll in one of our seasonal enhancement programs including aerobics, *Cardio Boot Camp*, strength training, Pilates, *Core n More*, etc. For more information on our programs as well as pricing and availability please call or visit the office.

Industrial/Occupational Medicine is defined within the Physical Therapy spectrum as the rehabilitation of occupational or accidental injuries using specific principles designed to return to work such as work hardening and body mechanics. *Work hardening programs* are designed to improve work capabilities and job tasks (not to treat the underlying problem). Traditionally these programs are initiated after a patient has completed a standard rehabilitation program. Also included in this field are *Functional Capacity Evaluations* (FCE's). The *FCE* is an objective standardized test to minimize litigations and protect the physicians, worker, and employer when determining a clients ability to perform functions related to work. In Northern Michigan most occupational injuries are treated in therapy centers that are not specialized or trained in this clientele. At Xcel Physical Therapy our therapists have specific training and certification in these fields.

Unweighting: This is a form of exercise in which the therapist can reduce aberrant stresses on your body and specific joints by controlling the amount of vertical loading through the joint. This is the same principle of Aquatic Therapy without the need for putting on a bathing suit or having reactions to the chemicals. At Xcel Physical Therapy, your therapist is trained to provide exercises which reduce weight and load to your joints.

•**Aquatic Therapy:** To comply with your doctor's orders and your needs our therapists will take you and instruct specific exercises for you to do in the largest pool in town. Further, we will pay for your membership to the pool as long as you need.

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