

Pinecrest

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Fun, friendship key atmosphere at Progressive Therapy Center

BY PAT FULTON

When you hear the words “therapy clinic” do you picture a somber place with rows of closed cubicles?

If your doctor refers you to Progressive Therapy Center, 12651 S. Dixie Hwy., that’s not what you will find. Clinic director Greg Welch, with 22 years experience, has created a large open space with large windows bringing in sunlight and a soothing view of treetops and blue skies. Patients referred there for occupational or physical therapy lie on adjoining tables while clinic staff tends to them. The openness permits patients, who average three visits a week for as much as eight weeks, to talk to each other and develop a circle of friends.

“If you’re going to be here for that much time, you might as well have fun,” says Welch, who co-owns the clinic with his wife Jackie, also a therapist. The staff, who average 17 years of experience, includes three occupational therapists and five physical therapists. Welch explains that occupational therapy treats the shoulder, elbow, wrist, and hand injuries, while physical therapy treats the neck, back and lower extremities.

Clients range in age from



Progressive Therapy staff includes (l-r) Beatrice Navarro, Iris Alfonso, Grace Jaffet, Greg Welch, Jenny Robinson, Jackie Welch, Jorge Santos, Javi Suarez Del Campo, Betty Welch and Sue Broderick.

children to seniors; the most frequent complaints that bring referrals are neck pain, shoulder surgery, labrum tear (related to the shoulder) and rotator cuff. Knee surgery, including ACL tears and total knee replacement, and ankle surgery provide additional reasons for therapy.

The clinic staff spends time in getting to know each patient in terms of family life, vacations and other details; they work as a team in determining the best approach to each patient’s treatment.

“We want people to be happy here,” says Welch, who wants patients to feel at home. “Our staff aims for the A-plus level of service, not the B grade.”

To help “de-stress” patients, yoga classes have been added. Massage therapy and personal training are “coming attractions” at Progressive Therapy Center.

Welch and his clinic “family” have been collecting clothes, medical supplies and other items to send to earthquake survivors in Haiti. The

bags of donated items have been coming in at such a rate that the office landlord allowed a room across the hall from the clinic to be used for additional storage. This makes the second shipment in the clinic’s drive for Haiti; an earlier shipment was sent to St. Louis Catholic Church for transport to Port au Prince. Welch says he is considering a future trip to Haiti to assist in medical treatment of the survivors.

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