

BUSINESS

PRO Therapy

Head to toe, aches and pains, Dr. Kevin Spahr and Dr. Ben Schacht treat it all through physical therapy at PRO Therapy. Spahr has over 10 years of experience treating people with common injuries as well as athletes. Spahr opened the first PRO Therapy location in Northeast Minneapolis two years ago, and with roots planted in Coon Rapids, it was a natural choice to open a second location here in the city. Spahr says, "I was previously employed in Coon Rapids and loved the people that were coming through the door." Coon Rapids is also where Spahr calls home.

While starting a new business, Spahr had the support of his wife, Liz, in building the company from the ground up. Spahr says, "It's great having her along and I couldn't do it without her." Liz Spahr plays a pivotal role in marketing and business operations, leaving the two Physical Therapists to be able to focus their time and energy on their patients. Between Dr. Spahr and Dr. Schacht, they divide their duties so patients will see the same Physical Therapist (PT) throughout their treatment.

With terms such as *manual therapy*, *dry needling*, *mobilizing/manipulating joints* and *neuromuscular re-education*, physical therapy may sound overwhelming. According to Schacht, this is what a patient can expect at their first appointment. The patient will be evaluated based on their overall strength, balance and ability to move through range of motion among other objective assessment tools. The PT will also listen to the patient's concerns and personal goals for their overall health. Based on the evaluation, a care plan is formed to mitigate any pains or problems and to improve health and quality of life for the patient. Schacht says, "We want to give each client a very individualized program to help them achieve their goals."

Being a small business in a big healthcare industry, PRO Therapy strives to bring their patients a more personalized experience with better outcomes at a lower cost. "Our goal is to make you feel like you're the only person in the world," Spahr says.

Quick Facts:

- » Locations:
 - 8770 Springbrook Dr. NW #106, Coon Rapids
 - 945 Broadway St. NE #165, Minneapolis
- » Minnesota is a direct access state – anyone can see a Physical Therapist without consulting with a Physician.
- » PRO Therapy has a virtual help-desk staff member, Linda Wagner, who is Dr. Spahr's mother-in-law. The PRO Therapy team appreciates that Wagner remembers all of their patients by name and information.

