

POWR

BETTER LIFESTYLES FOR CHILDREN & TEENS

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

WHAT POWR CAN DO:

Child and adolescent obesity has reached epidemic proportions, accompanied by an alarming rise in associated diseases. The KORT POWR (Personalized Orthopedic Weight Reduction) program is designed to help your child:

- Develop long-term healthy habits
- Decrease body weight
- Increase energy levels
- Increase strength and stamina for activities
- Increase self-esteem

HOW IT WORKS:

The POWR program is incorporated into a patient's physical therapy sessions and addresses the nutritional aspect of weight loss. During each physical therapy session, the physical therapist will review the POWR program with you, which includes weekly weigh-ins to track progress and reviewing food charts and educational handouts in the POWR binder.

COST:

- The POWR program is covered by most insurance plans, but there is a self-pay option.
- There is a \$30 fee for the POWR binder.
- For long-term results, it is recommended to continue with the POWR program after discharged from physical therapy. There is a \$10 charge for these weekly meetings.



If you are a parent concerned for the health and well-being of your overweight child/adolescent, or if you are a young adult committed to improving your health, call 800-645-KORT for more information.

www.KORT.com

KENTUCKY ORTHOPEDIC REHAB TEAM
KORT
The Best In Rehab.

1-800-645-KORT

POWR LOCATIONS:

Bardstown

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

Brandenburg

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

Brannon Crossing

169 East Brannon Road
Nicholasville, KY 40356
859-245-4000

Clarksville

1730 Williamsburg Drive,
Suite 3
Jeffersonville, IN 47130
812-284-0852

Crestwood

6003 Pleasant Colony Court,
Suite 3
Crestwood, KY 40014
502-241-5597

Dupont

4010 Dupont Circle, Suite L-14
Louisville, KY 40207
502-899-1911

English Station

12935 Shelbyville Road
Louisville, KY 40243
502-489-5002

Fern Creek

9368 Cedar Center Way
Louisville, KY 40291
502-231-3979

Frankfort

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

Georgetown KY

101 Eastside Drive,
Suite D
Georgetown, KY 40324
502-867-0111

Goss Ave

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

Highlands

2525 Bardstown Road
Louisville, KY 40205
502-459-6307

Jeffersonville

3121 E. 10th Street
Jeffersonville, IN 47130
812-218-8039

J-Town

2152 S Hurstbourne Pkwy
Louisville, KY 40220
502-499-0107

Lawrenceburg

1055 Corporate Drive
Lawrenceburg, KY 40342
502-517-0187

Madisonville

24 Madison Square Drive
Madisonville, KY 42431
270-824-9227

Mt. Washington

1123 North Bardstown Road,
Suite 4
Mt. Washington, KY 40047
502-538-2332

Owensboro Triplett

1126 Triplett Street
Owensboro, KY 42303
270-926-8221

Partners in Physical Therapy

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

Preston

7926 South Preston Hwy,
Suite 101
Louisville, KY 40219
502-964-5404

Shelbyville

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

Shively

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

Springhurst

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

Taylorsville

543 Taylorsville Road
Taylorsville, KY 40071
502-477-6410

Tyler Center

12613 Taylorsville Road,
Suite 118
Louisville, KY 40299
502-267-1480

Valley Station

10631 Dixie Highway
Louisville, KY 40272
502-933-1777



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