

We are pleased that you have chosen LOPT.

- Patients are treated by the same therapist each office visit. This fosters a continuum of care and encourages consistency.
- We open early and stay late to accommodate your work schedule.

The most important member of the rehab team is YOU.
We'll show you how to take an active part in your rehabilitation.



Lincoln Orthopedic
Physical Therapy



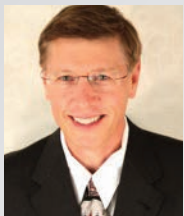
Brent Bednar
MPT, OCS



Bruce Bednar
OTR/L, CHT, CWCE



Stephen Benson
DPT, OCS, MTC



Jake DeNell
PT, OCS, CWCE, CEEA



Ben DeWaard
MSPT



Darren Ferguson
MPT, ATC, SCS



Sherril Kilpatrick
PT



Tom Kruse
MPT, MTC



John Linn
MPT, ATC, OCS



Roger Sand
PT



Zack Zade
DPT, CSCS

There are four LOPT offices conveniently spread throughout the Lincoln community. Physical therapists, manual therapists, occupational therapists, an athletic trainer and hand therapist are on staff. The many letters after each therapists' name represent more than an education. Those degrees and certifications are your assurance that our team is capable of providing the most thorough and latest approaches to treatment.

Frequently asked questions

What types of treatment might I receive?

Our therapists will listen and help you decide the most effective treatment for your condition. We emphasize an evidence based approach to your problem, which means we will help you select what medical research indicates will help you the most.

What should I wear?

Wear comfortable clothing. If you are presenting with a problem of your cervical spine, upper back or shoulders, the therapist will provide a gown to expose these areas. If you have a lower-extremity problem, shorts are important. Shorts are available here or you can bring them with you.

How is my progress measured?

Your physical therapist will establish a plan of care that will specify goals and anticipated outcomes of treatment as well as the predicted time it may take to reach these goals. Tests and measures will periodically evaluate progress. You will always be kept apprised of your progress.

Will I need follow-up or maintenance care?

Usually not. It is our goal to resolve your problem as completely as possible so further care is not required. The physical therapist will

discuss with you when it may be appropriate to continue your rehab program independently at home and if it would be necessary to periodically return to monitor your progress and modify your program

What if I need to return to physical therapy?

If you feel you need to return to physical therapy for treatment of the same problem, contact the physical therapist that treated you. The therapist will review your chart and can recommend what should be done.

Is it ok to ask my doctor about physical therapy?

Absolutely. In today's healthcare environment, if you feel physical therapy can be helpful to you, you will need to talk with the doctor you are seeing.

Will my insurance cover physical therapy?

Physical therapy is usually covered by all insurance plans. Lincoln Orthopedic Physical Therapy is a participating provider with these major insurance companies.

Medicare	Coventry HMO/PPO
Medicaid	United Health Care
Blue Cross/Blue Shield	Midlands Choice
Triwest/Tricare	

For Sports. For Work. For Life.

North Office

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