

Where is RecWell?

Physical Therapy is offered at RecWell on the East Bank campus at [123 Harvard Street SE, Minneapolis](#).

Where is Physical Therapy within RecWell?

Wellness Resource Center, 1st level of Recreation and Wellness Center.

Where do I check in for my physical therapy appointment at RecWell?

Member Services Desk, 1st level of Recreation and Wellness Center.

What types of Physical Therapy appointments are available at Rec Well?

We treat a variety of muscle and joint related conditions. For more information visit the [Boynton Health website](#) or call 612-626-9434.

We are unable to cast for custom foot orthotics or provide physical activity health coaching for UPlan members at this location.

When are Physical Therapy appointments offered at RecWell?

M, W, F 7 a.m. to 4:30 p.m. and Tu, Th 7 a.m. to 3:30 p.m.

Do I need to be a member of RecWell to be seen there?

No. Members and non-members can be seen at RecWell.

How do I schedule my Physical Therapy appointment at RecWell?

Call 612-625-3222 to schedule an appointment.

What should I wear for my appointment?

Please bring your current workout shoes and attire.

Am I eligible to be seen at RecWell for Physical Therapy?

Check with your insurance provider to see if you're eligible and if a referral is needed.

