



Orthopedic & Spine Therapy *What makes us different!*

Orthopedic & Spine Therapy (OST) was established in 1990 with the company mission, “We will be partners with you to enhance our patient’s quality of life.” The founder of OST, Steve Barnett, PT, had a vision for physical therapy healthcare that included extensively training physical therapists in the practice of manual physical therapy, educating patients, and giving those patients empowerment over their own health.

Steve established the company’s foundations with personalized one-on-one care in a private setting, treating the whole body and not just the symptoms, and compassionate care. The OST family promotes by the OST Purpose, “To touch people’s lives in a positive way.”

OST treats all musculo-skeletal injuries, meaning aches and pains from the head-to-toe. Through the extensive training and continuing education that each therapist attends on an annual basis, many tools in our treatment toolbox are available to the therapists to help the patients alleviate their pains. Such treatment techniques include myofascial release, mobilization, exercise prescription, and dry needling to name a few.

While most of the patients that are seen at the OST clinics are referred by doctors, nurses, physician assistants, and dentists, many patients come without a referral. Insurance companies recognize that OST physical therapists are experts in evaluating and treating musculo-skeletal pain, and therefore allow direct access (patients coming to physical therapists without a referral from a medical practitioner). And at OST we accept all major insurances.

OST has 16 locations, with Kaukauna, Appleton, and Menasha in the Fox Valley. Other locations include Green Bay, Shawano, Clintonville, New London, Waupaca, Oshkosh, Brillion, Lakewood, Ladysmith, Minong, Poplar, Iron River, and Ashland. “It is always in our mind to open another clinic if we feel a community will benefit from our services.”

Four divisions were born from the philosophy of being leaders with the approach to patient care: Swing Solutions, Massage Therapy, Women’s Health, and WorkPlace Solutions. Call 920-257-2000 or visit www.ostpt.com to find your tailored physical therapy solution.

Fun Facts about Steve Barnett:

Steve participates in the Tough Mudder and other various 5K, 10K & ½ marathons.
Steve is an active in the Boy Scouts.
Steve and his wife Diane, have raised two grown children in Appleton.

Fun Facts about OST:

OST has 80 employees in 16 different clinics.
OST’s first office was located in Green Bay, WI.

OST was not the company's original name. Spine Therapy was the original name until 2005 when we adopted Orthopedic & Spine Therapy.

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