



Staff at Owatonna Sports and Physical Therapy located at 1414 S Oak Avenue #2, Owatonna.

Owatonna Sports and Physical Therapy

Scott Nelson has been a physical therapist for nearly 20 years, moving to Owatonna with his family eight years ago. When he heard from a colleague that Owatonna Physical Therapy Center was for sale, he called it an opportunity that he couldn't pass up.

"We have owned the practice for nearly three years, and we're very excited to be doing business in such an amazing community," he said.

When COVID-19 swept through the state in early 2020, Nelson and his staff restructured their clinic immediately to deal with health concerns: reducing the number of staff and patients, wearing masks and increasing sanitization efforts. While the clinic never had to close its doors, business still dropped about 35-40% once the state-at-home order was imposed.

According to Nelson, the Owatonna Area Chamber of Commerce and Tourism provided immediate support during the pandemic.

"They gave excellent advice and direction via email, phone conversations and the weekly addresses," he said.

In addition, the Chamber's JumpStart Owatonna program provided Nelson and other busi-

nesses with personal protective equipment that was difficult to obtain otherwise, social media support and advertising support. Nelson also received one of the JumpStart grants, which he used toward updating some of his clinic's Cybex exercise equipment. This equipment is used during physical therapy sessions.

"We had a business plan to work with Cybex to gradually update our equipment, and JumpStart Owatonna has allowed us to get back on track with our plan," he explained.

Nelson said that, barring another statewide shut-down, he feels "very positive" about the state of his clinic and the future.

"At Owatonna Sports and Physical Therapy, we hope to continue to grow and provide first-class, professional and personal physical therapy services to the people of Owatonna and surrounding communities," he said. "We are grateful to the Owatonna Chamber of Commerce and the support that we have received from the community members and businesses driving JumpStart Owatonna."

by Grace Brandt, special project for the People's Press

jump start!

Owatonna

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