



# Fortis Therapy Center: Changing Lives Through Movement, Access, and Innovation

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Photo by Youssef Naddam

In the heart of Dripping Springs, Texas, Fortis Therapy Center is redefining what access to physical therapy can and should look like.

Founded in 2018 by pediatric physical therapist Meredith Kapchinski, PT, DPT, Fortis was built on a simple but powerful belief: every individual deserves the opportunity to move, grow, and thrive, regardless of financial barriers.

What began as a small, community-driven initiative has grown into a dynamic nonprofit clinic serving children and adults with neurological and orthopedic conditions. Today, Fortis Therapy Center stands as a beacon of hope for families across Texas and beyond, offering innovative, evidence-based care, often at no cost to those who need it most.

### **Meeting a Critical Need**

For many families, access to physical therapy is limited not by motivation, but by insurance restrictions. Coverage caps, denials, and lack of access to intensive therapy models often force families to stop care just as progress begins. This gap is where Fortis steps in.

Through its signature program, Project Walk, Fortis provides high-intensity, three-week therapy sessions designed to maximize neuroplasticity and accelerate functional gains. Each child participates in 45 hours of therapy over three weeks, an approach that emphasizes

repetition, task-specific training, and measurable outcomes.

The results are transformative.

Children who once required significant assistance are gaining independence in walking, standing, and daily activities. Families who felt limited by traditional therapy models are seeing breakthroughs that once seemed out of reach. And perhaps most importantly, these services are provided entirely free of charge to participating families.

### **Innovation Backed by Evidence**

Fortis Therapy Center's approach is rooted in science. Intensive therapy models like those used in Project Walk are supported by research in neuroplasticity, the brain's ability to reorganize and form new neural connections through repetitive, purposeful movement.

Each session incorporates a combination of body-weight-supported treadmill training, overground functional practice, and individualized interventions tailored to each child's goals. Progress is tracked using standardized outcome measures, ensuring that improvements are not only meaningful but measurable.

This commitment to data-driven care has also

led to collaborative research efforts, further advancing the understanding of how intensive therapy impacts children with neuromotor conditions.

### **Beyond Pediatrics: Serving the Whole Community**

While pediatric care remains a cornerstone of Fortis Therapy Center, its impact extends far beyond children. The organization has expanded to include programs like Project Heroes, serving veterans and first responders. This expansion of services reflect Fortis's broader mission: to create a community where high-quality rehabilitation is accessible to all, regardless of age, diagnosis, or financial situation.

### **A Community-Powered Model**

One of the most remarkable aspects of Fortis Therapy Center is how it operates. As a nonprofit, its ability to provide pro bono services relies heavily on community support through donations, grants, volunteers, and fundraising events.

From silent auctions to large-scale community gatherings, supporters play a vital role in sustaining and expanding these life-changing programs. This collaborative model not only funds therapy sessions but also fosters a deep

sense of connection between the organization and the families it serves.

It's not just about therapy, it's about building a community that believes in possibility.

Looking Ahead: Expanding to Meet Demand

The need for services like Project Walk continues to grow. With sessions booking months in advance and families traveling from across the state, Fortis Therapy Center is at a pivotal moment.

Plans for expansion include hiring additional therapists, increasing program capacity, and securing a larger facility to accommodate more patients. The goal is clear: to ensure that no family has to wait for access to care that could change the trajectory of their child's life.

### **A Mission That Moves People**

At its core, Fortis Therapy Center is about more than physical therapy. It's about restoring hope, building independence, and empowering individuals to reach their fullest potential. Every step taken, every milestone achieved, and every smile shared in the clinic represents something bigger, a future with more possibilities.

In a healthcare landscape often defined by limitations, Fortis Therapy Center is proving

what's possible when innovation, compassion,  
and community come together.

And for the families whose lives have been  
changed, the impact is immeasurable.

Fortis Therapy Center: At Fortis Therapy Center,  
we are dedicated to nurturing strength in every  
individual we serve. Our mission is to empower  
children, families, and the community to  
discover and harness their inner strength  
through the transformative power of Physical  
Therapy and Fitness. Our vision is a world where  
everyone has access to the healing and  
strengthening benefits of Therapy and Fitness  
services. We aspire to break down barriers and  
ensure that no family is ever turned away from  
the support they need. Through unwavering  
dedication and community collaboration, we  
strive to raise the necessary resources to make  
this vision a reality, fostering a healthier and  
stronger future for all.

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