



Employer Case Study

Commuter Benefits Program

Employer

American Physical Therapy Association

3030 Potomac Avenue, Suite 100
Alexandria, VA 22305

Background

Founded in 1921, the American Physical Therapy Association (APTA) is an individual membership professional organization with 150 employees representing 100,000 physical therapists, physical therapist assistants, and students of physical therapy. In January 2021, APTA opened its new headquarters in the National Landing area within the City of Alexandria. The new APTA Centennial Center was designed to encourage two concepts central to the physical therapy profession—collaboration and movement.

Situation and Solutions

Prior to moving its office to a transit-friendly location, 99 percent of APTA's employees drove to work alone. The new location sits across from the Potomac Yard Metro Station and along the route of several local DASH bus lines. APTA

subsidizes employees up to 50 percent of the IRS maximum tax exemption allowed per month for public transit, and newly enrolled employees receive a free \$50 SmarTrip card through the City of Alexandria's SmartBenefits Plu\$50 program. In 2025, almost 28 percent of employees use APTA's transit benefits program and commute in more sustainable ways.

The new office is also situated next to a public biking/walking trail and employees have access to indoor and outdoor bike racks, locker rooms/showers, and a bike repair station. In addition, employees can borrow APTA-owned bikes kept on-site for activities such as daily exercise breaks, lunch with colleagues, or local appointments. APTA has earned a Silver Bicycle Friendly Business designation from The League of American Bicyclists and each year, APTA hosts a Bike to Work Day pit stop at its headquarters.

APTA encourages employees to carpool as well and has designated carpool parking spaces available within its garage.

Nearly all employees work from home at least two days per week and are also offered an annual “Work from Anywhere Week”.

APTA promotes its comprehensive commuter benefits program to employees through various methods and encourages them to register for Commuter Connections’ many free services, such as the Guaranteed Ride Home program. In 2025, APTA was selected as a winner of a Commuter Connections Employer Award, recognizing its continued commitment to reducing traffic congestion and improving the region’s air quality.

Impacts

In 2024, APTA’s commuter benefits and amenities helped employees reduce 787,500 single occupant vehicle miles traveled and saved 35,795 gallons of gas.

Other Sustainable Accolades

In 2022, APTA was awarded the U.S. Green Building Council LEED Silver for an environmentally friendly building design for APTA Centennial Center.

In 2023, the Office of Disease Prevention and Health Promotion recognized APTA as a Healthy People 2030 Champion for its commitment and dedication to advancing the nation’s health and well-being.

Contact Us

To learn more about APTA employee benefits and employment opportunities, visit

[Apta.org/apta-and-you/jobs-at-apta](https://apta.org/apta-and-you/jobs-at-apta)

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