

Sports Injuries

Get back in the game



Sports and physical fitness are key to leading a healthy lifestyle. People may experience injuries without correct training, adequate stretching and proper conditioning and sometimes accidents just happen. Whether your patient is a competitive athlete or simply a weekend warrior, our experienced Physical Therapists are here to help.

Physical therapy can be used to help patients rebuild strength and improve movement after an injury. PT can also be used to manage pain and prevent future injuries from occurring. Our individualized rehabilitation programs focus on strengthening along with restoring range of motion and mobility. We are committed to helping patients get back to their sport or activities quickly, safely and without pain.

Injury Prevention is Key

Our therapists can also teach proper techniques for stretching, running, and more to prevent injuries and even improve athletic performance. We will create a custom exercise and sports injury prevention program to allow the individual to recover quickly and stay active.

If an injury should occur, we will evaluate the patient's injury and customize the treatment plan to the individual's specific sport or activity. Time is an important factor when a patient starts on the road to recovery. We can usually schedule an appointment within 24 hours. We look forward to helping your patients get back to enjoying the activities they love.

Our Expertly Trained Clinicians Specialize In:

- ▲ Joint Pain and Dysfunction
- ▲ Sports-Related Tightness and Muscle Banding
- ▲ Tendonitis
- ▲ Strains and Sprains
- ▲ Iliotibial Band Syndrome
- ▲ Low Back Pain and Herniated Disc
- ▲ Upper Extremity Issues
- ▲ Pre-Orthopedic Surgery Prehabilitation
- ▲ Post-Surgical Rehabilitation
- ▲ Concussion Management
- ▲ Kinesiology Taping

Please contact us if you would like more information on our services.