

Physical Therapy

Overview

Sports & Orthopedic Physical Therapy

Recovering from an injury that's preventing you from heading back into competition? Or is an injury just not allowing you to live an active lifestyle? We use the latest treatment techniques and technology to treat the underlying causes of your injury and quickly return you to the healthy activity that you love.

We offer the Best Physical Therapy in Phoenix, Mesa and Scottsdale for:

- Tendinitis/tendinosis
- Plantar Fasciitis
- Post-Surgical: shoulder, knee, hip, ankle, foot, spine, elbow, hand.
- Rotator cuff injuries
- ACL injuries
- Total Joint Replacements
- ITB syndrome
- Fracture care and stress fractures
- Low back pain and sciatica
- Neck pain
- Migraines
- TMJ syndrome
- Scar tissue
- Carpal Tunnel Syndrome
- Running, cycling, swimming injuries
- Golf and tennis injuries
- Cross Fit injuries
- Soccer, volleyball, basketball, football, baseball, track and field injuries
- Even that weird pain you get with exercise that no one has been able to figure out!



"The treatment and education that I received at Endurance Rehab were integral in fixing my injury and maintaining my strength throughout a cycling season. I appreciated the fact that the exercises were specific to my imbalances and specific to cycling."

- Robbie Ventura, former US Postal Cyclist, current coach and commentator