

Physical Therapy

Sports & Personal Rehabilitation

We use the latest evaluative and treatment techniques and technology to treat the underlying causes of your injury and quickly return you to a pain-free sport or activity. Looking at our athletes/clients as a whole person we educate and train them so they understand their body better and as a result reduce future injury and perform better with sport.

Treatment Techniques

Our manual treatment techniques include myofascial release, joint mobilizations, rolfing, dynamic release techniques, and nerve gliding. We also offer:

- Pre-Operative and Post-Operative Therapy (total joints, ACL reconstruction, meniscus tear, rotator cuff tear, etc)
- Foot Orthotics & Shoe Assessment
- Sport-Specific Strength & Conditioning
- Dry Needling
- Gait Analysis
- ASTYM(Augmented Soft Tissue Mobilization)
- Ergonomic Assessments
- Core Strengthening
- Sports Therapeutic Massage
- Kinesiotaping
- Electrical Stimulation and infrared laser
- Blood Flow Restriction Training

Equipment

In addition to training and therapy, we also provide the latest technology to help speed your recovery. Our state-of-the-art facilities offer:

- ◆ NORAXON 3D Video Motion Analysis for gait,



soccer, golf, jumping and
squat mechanics

- ◆ Normatec Recovery Boots
- ◆ The CURVE treadmill
- ◆ In Shoe- Pressure & Force
Analysis
- ◆ Alter G Anti-Gravity
Treadmill
- ◆ RunScribe run gait analysis