



HANDS-ON HELP FOR PATIENTS WITH sports injuries



BACK & NECK PROBLEMS

ORTHOPEDIC SURGERY

SPORTS INJURIES

PHYSICAL THERAPY

SHOULDER INJURIES

CHIROPRACTIC CARE

WRIST, HAND & ELBOW INJURIES

COMPREHENSIVE REHAB

KNEE INJURIES

PERFORMANCE ENHANCEMENT

HIP & ANKLE PROBLEMS

THERAPEUTIC MASSAGE

LIGAMENT & TENDON INJURIES

ACUPUNCTURE

Athletes come in all shapes, sizes and ages. They are hikers, climbers, gymnasts, skiers, skaters, swimmers, ball players, tennis buffs, rowers, bowlers, joggers, fishermen, golfers, rugby players, weight lifters, cyclists and equestrian enthusiasts. Yet, even sports performed after a proper warm-up and with the right equipment can still result in injury.

The neuro-musculoskeletal system is a highly sophisticated system that provides information to reinforce an individual's conscious efforts to position and move his or her body to obtain peak performance. This system is of particular importance to athletes, because it acts as a guidance system to help athletes avoid injury and perform at maximum levels.

That's why the sports medicine team at REHABILITY emphasizes early intervention after injury with therapy and rehabilitation. We typically begin pre- and post-operative treatment with modalities that reduce inflammation and swelling, increase circulation, relax muscles, prevent muscle loss and decrease pain. Whether your patient is a high-school or college athlete, a weekend warrior or an elite professional, they need exceptional sports medical care when they're injured.

REHABILITY is dedicated to delivering

the latest, state-of-the-art, hands-on, multi-disciplinary sports medicine care. We offer treatment for:

- Shoulder injuries: rotator cuff/bursitis, instability and dislocation
- Knee injuries: ligament injuries (ACL, MCL, PCL)
- Elbow
- Wrist and ankle injuries
- Tendonitis

We do everything possible to avoid surgery. But if your patient's injury requires surgical intervention, we'll provide arthroscopic and other minimally invasive techniques that reduce pain, discomfort, recovery time and complications. Our goal is to get your patient back in the game. We always put your patient first. In fact, no other spine and sports medicine rehab facility offers patients as many value-added services and amenities as REHABILITY.

The medical, physical therapy and chiropractic professionals at REHABILITY have helped many sports-injured patients. There's an excellent chance we can help your patients, too. Call us and take advantage of the most experienced, complete and compassionate sports medicine care available. We welcome and encourage your referrals.

REHABILITY

Multi-Specialty Spine & Sports Medicine

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VISIT US AT: WWW.REHABILITY.COM

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