

## Sports Physical Therapy and Conditioning

### What is Sports Physical Therapy and Conditioning?

Sports physical therapy is the rehabilitative treatment of a sport-specific injury. When an athlete suffers an injury or is recovering from surgery, Northern Rehab's goal is to return the athlete to sports and competition as quickly and safely as possible while minimizing the amount of training and competition missed. Sports conditioning is an injury prevention and performance improvement program designed to prepare an athlete for the competitive rigors and requirements of their sport.

### What are the components of Sports Physical Therapy and Conditioning?

Sports physical therapy consists of a combination of hands-on treatment, therapeutic exercise, and performance enhancement drills and exercises to speed recovery, improve stability and strength, and develop sport-specific skills. Movement screening is also used to determine factors that may contribute to future injury and may include video walking/running gait analysis and swinging, throwing, or lifting form analysis. The analysis allows more detailed recommendations on ideal body mechanics, movement re-education, and instruction in proper training programs.

### Who provides Sports Therapy and Conditioning?

Northern Rehab physical therapists are all able to provide sports physical therapy. Some Northern Rehab physical therapists also specialize in sport-specific athletic development. Our Exercise Specialist can also develop sport-specific training programs. You can learn more about Sports Therapy and Conditioning treatment by speaking to your physical therapist, calling us at (815) 756-8524, or visiting our website at [northernrehabpt.com](http://northernrehabpt.com)!



[www.northernrehabpt.com](http://www.northernrehabpt.com)  
**(815) 756-8524**



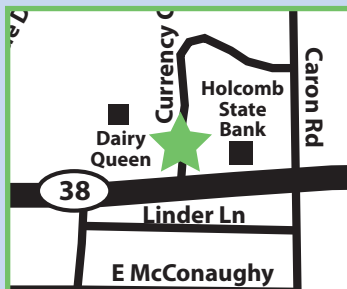
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[www.northernrehabpt.com](http://www.northernrehabpt.com)