



Sports Injury Rehabilitation

The specialty of Sports Medicine has its origins in the care of the injured competitive athlete. Today, Sports Medicine is for everyone. It has grown as a specialty to encompass the needs of all individuals with musculoskeletal injury or pain who desire to maintain or to pursue an active lifestyle.

The Sports Medicine Program at Cutting Edge Physical Therapy involves a multidisciplinary approach incorporating education & prevention, evaluation & diagnosis and treatment. Return to sport/activity for athletes and active individuals alike is paramount.

The injuries and conditions treated are usually, but not always, the result of injury sustained in competitive sport. Sometimes they are simply the result of the normal process of aging or of inactivity. The focus of the physical therapist is on those injuries affecting the knee, shoulder, ankle and elbow, but can (and does) involve any other area of the musculoskeletal system.

Cutting Edge Physical Therapy works with several high school teams providing them their preventative and screening programs as well as working with individual athletes ranging the full spectrum from professional athletes to working with the weekend warriors. Our aim is to keep you in your sport and as active as you want to be. We are committed to providing the highest quality of care available to any athlete of any age or sport.



The variety of sports injuries we treat include:

- Joint injuries (dislocations and separations)
- Muscle strains, strains and tears
- Tendon injuries i.e. Achilles
- Ligament injuries
- Stress fractures
- Spine – Cervical, Thoracic, Lumbar
- Rib pain and dysfunction
- SI joint pain and dysfunction
- Hip Bursitis
- Sciatica
- ITB Syndrome
- Tennis elbow
- Golfer's elbow
- Frozen shoulder
- Rotator cuff strain
- Patellar tendinitis
- Patellar tracking disorder
- Shin splints
- Plantar Fasciitis
- Arch pain due to excessive pronation

We will perform an extensive evaluation to determine where your pain is coming from and why. We will also determine if there are any other imbalances that may have lead to the injury, treat your injury, prevent further injury and get you back to being active again.

Your treatment plan will vary upon your condition and injury. Possible treatments could include:

Manual Therapy
Joint Mobilization
Soft Tissue Mobilization
Myofascial release
Neurofascial release
Muscle energy techniques

- Massage
- Strain/Counterstrain
- Range of motion (stretching)
- PNF (neuromuscular re-education)
- Strengthening exercises

We will also educate you about the stages of healing and how you can assist your body in getting through those phases.

You will be taught how to take control of your own symptoms as well as being progressed with the proper exercises at the proper time to allow you to heal and return to activity.

