

Get back to your activity by overcoming pain & injuries.

Sooner or later, a sports-related injury may force you to seek help. Just look at these annual statistics:

- Golf – 660,000 injuries reported
- Baseball/softball – 245,000 injuries reported
- Bicycling – 421,000 injuries reported
- Tennis – 80,000 injuries reported

Now more than ever, you need our knowledge and experience to get you out of pain.

Get back with help from our team.

Imagine hitting the longest drive of your life. Imagine a smoother stroke of your tennis racquet or baseball bat, or being able to run faster and jump higher than before. Or get through a workday without pain.

We can help you do all that and more. We'll guide your care with one person who



routinely consults other staff to ensure your success. Our physical therapists and athletic trainers are highly skilled, well-educated and have over 55 years of combined experience. One member of our staff is even a Vodder-certified lymphatic drainage therapist who helps postmastectomy patients.

Together they are experts who know how to get you back in shape and keep you in shape.

Get back with special help for active adults.

If you work full-time, you treasure those special moments when you can play. But as your body ages, the chance of injury increases dramatically.

Your muscles lose size, tone and elasticity, and your reflexes slow. So while your brain is yelling, "Go, go, go," your body is screaming, "Stop!"

When you get sidelined, turn to our expert team to get you back in the game. Why? Because we get better results fast.

