



AdvaCare Clinics
Advanced Healthcare Solutions

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AdvaCare Clinics: Sports Injury Rehabilitation Physical Therapy

All athletes want to be bigger, stronger, faster, more flexible, more coordinated, and leaner than their competition. But safety and injury prevention should be the primary concern while striving to increase sport performance. Sports injuries have sidelined many athletes for games, seasons, and worse, careers.

Many of these injuries are brought on by insufficient recovery time. All too often, athletes think they are ready to return as soon as the limp or the swelling subsides. They may feel good, but they are probably only 70 to 75% recovered. This invites re-injury. Following the rational progression of recovery not only lessens the chance of re-injury but assures that you will be able to perform at your best when you return to play.

AdvaCare has physical therapists who work with athletes of all levels, casual weekend athletes to professional, to assist in rehabilitation and safe return to athletic activities and training. Our therapists can assist you in developing a training program tailored to your sport.

Through a combination of techniques we will help you improve your game, reduce the risk of injury, and if already injured, return to play safely. Whether you are recovering from an injury or training to prevent one, our therapists can help you.

Over the past several years there have been tremendous strides in the treatment of sports injuries, physical conditions, and pain. We have dedicated our practice to keeping up with the latest and most effective procedures. This provides our patients with significant results that many traditional therapies cannot produce.

Contact AdvaCare Clinics at 952-835-6653.