

Orthopedics & Sports

Orthopedic and sports physical therapy involves evaluation, prevention, treatment and rehabilitation to help people develop, restore and maintain movement and functional ability.

Pick PT is dedicated to providing comprehensive and multidisciplinary care to enable your recovery after an injury.

Performance enhancement is another goal of our sports physical therapists. A therapist may spend time teaching preventive techniques to athletes, families, and coaches. Our Sports physical therapists work with orthopedic and sports medicine doctors to develop programs to help athletes manage pain and recuperate from injuries. They also play a role in assessing when someone is ready to return to physical activity.

At Pick PT Physical Therapy our evaluation process goes beyond the typical localized assessment of pain to also examine the additional effects that an injury or illness can have on posture and global body mechanics.

We also take care to explore the various possible causes of the immediate problem that brings a client to our office – some of which may be rooted in mechanical patterns that have existed for a prolonged period of time.

We treat bones, joints and muscles, in a manner that recognizes the global relationships between parts of the body and between different body systems. We understand that injury to one body part not only affects that specific structure, but also the way that the whole body moves. Effectively treating global musculoskeletal function results in better rehabilitation outcomes and reduces the risks of repeated injury. Our customized treatments will assist patients in returning to daily functions and desired daily physical activities as soon as possible.

Your customized physical therapy program will help you efficiently achieve therapy goals and optimized results. **Pick PT** knows this is the best way to help you continue living an **Elevated Life!**

At Pick PT, we provide these orthopedic services:

- Pain Modulation Techniques
- Joint Mobilization
- Soft Tissue Mobilization
- Dry Needling
- Manual Therapy
- Manual Muscle Stretching
- Joint Manipulation



Pick PT
Physical Therapists
can help you live an
**ELEVATED
LIFE!**



Conditions that we treat

Shoulder Injuries

- Rotator cuff tear (operative or non-operative)
- Dislocation
- Frozen shoulder
- Tendinitis
- Fracture
- Shoulder impingement syndrome
- Thoracic outlet syndrome
- SLAP tear or labral tears/repairs
- Arthritis

Knee Injuries

- Patellofemoral syndrome
- ACL tear (operative or non-operative)
- Meniscus tear (operative or non-operative)
- Ligament strains
- Tendinitis
- Total knee replacement/osteoarthritis
- Hamstring or Quadriceps strains/tears

Ankle Injuries

- Achilles' tendinitis (Achilles' heel)
- Peroneal tendonitis
- Sprain/strain (conservative or post-operative)
- Fractures
- Shin Splints
- Calf strains
- Tarsal Tunnel Syndrome



Elbow Injuries

- Golfer's elbow (medial epicondylitis)
- Tennis elbow (lateral epicondylitis)
- Sprain/strain (conservative or postoperative)
- Fractures/Dislocations
- Bursitis

Wrist Injuries

- Carpal tunnel syndrome
- Sprain/strain (conservative or postoperative)
- Fractures
- Tendinitis
- Hip Conditions
- Labral tears (anterior/posterior)
- Bursitis
- IT band tightness/syndrome
- Tendinitis
- Total hip replacement/osteoarthritis
- Groin strains