

Physiotherapy is an effective option to help kids stay active in their sports of choice.

Physiotherapy can help children and teens to:

- **Optimize** *their* physical activity
- **Prevent** injury
- **Recover** from a sport or growth-related injury
- **Return** to their sport *safely and efficiently* after an injury

Our physiotherapists are highly experienced in physical development and sport therapy.

We offer the following:

Assessments:

- ❖ Posture and Control
- ❖ Coordination
- ❖ Strength and Flexibility
- ❖ Gait/Running Efficiency
- ❖ Leg /Foot Alignment & Biomechanics
- ❖ Functional Movement Efficiency
- ❖ Onsite Sport Specific Assessment (Group or Individual)

Treatment Options:

- ❖ Kinesiotaping & Stability Taping
- ❖ Flexibility Training
- ❖ Individualized Training Plans for Muscular Balance and Sport Efficiency
- ❖ Group and Sport Specific Education
- ❖ Injury Prevention Education & Training (Group and Individual)
- ❖ Sport/Growth Injury Rehabilitation
- ❖ Post Concussion Rehabilitation
- ❖ Post Surgical and Fracture Care

Helping kids to **optimize** their physical activity and to be successful in sport participation can have long lasting benefits in both their physical and mental development.



Let us help *your* kids stay in the game!

We work with **coaches, parents, teachers, organizations, teams**, and of course, individual **children and teens** to find the most effective plan. We invite you to **contact us** for more information and to discuss how we can help your kids **reach their full potential** (...without injury or pain)!