

SPORTS PHYSICAL THERAPY

Helping athletes of all ages and abilities achieve their goals of an active, healthy lifestyle

Sports Physical Therapy (Sports PT) is a specialized practice provided by licensed physical therapists that have extensive education and experience in prevention, evaluation, treatment, and rehabilitation of neuromuscular and musculo-skeletal injuries. The goal of Sports PT is a quick but safe return to sport followed by patient education on prevention of injury recurrence.

(SOS Conference, Toomey and Associates, 2012).

BENEFITS OF SPORTS PHYSICAL THERAPY

Any active individual can benefit from treatment by a sports physical therapist. Elite, college and high school athletes, dancers and gymnasts, recreational athletes, weekend warriors, active older adults, athletes participating in extreme sports, and athletes with physical or intellectual disabilities are all able to utilize the SPT treatments to reach his/her highest potential level of activity.

THE SPORTS PHYSICAL THERAPY TEAM

Physical therapists who treat athletic injuries will work with the patient's family or sports medicine physician to provide comprehensive care for each individual. The Sports PT team may also include physical therapist assistants and athletic trainers who specialize in sports related injuries. The physician may also refer the athlete to a nutritionist, dietician or other appropriate resources as needed for improve dietary balance.

A SPECIAL APPROACH IS NEEDED FOR PHYSICALLY ACTIVE INDIVIDUALS

The initial evaluation will include more detailed questions regarding the mechanism of injury, patient history of previous injuries, and specific testing for



strength, range of motion, and joint mobility/stability. Biomechanical analysis including analysis of running gait, throwing mechanics, lifting techniques, and athletic posture is a critical component of Sports PT. Consideration is given to analysis of the entire movement and how the body works as a whole to produce fluid athletic movements. The care plan will focus on active participation of the patient in performing home exercises geared toward sports specific movements. Other treatments may include manual therapy (instrument-assisted soft tissue mobilization, myofascial release, dry needling), specialized taping, bracing, and custom made orthotics. The goals will be set for each individual and progression towards those goals will be monitored. The patient's individualized plan of care and home exercise program will be modified as needed to help them reach their goals.

REHABILITATION SERVICES

POST-SURGICAL REHABILITATION

Occasionally athletes sustain injuries that require surgical repair. Sports physical therapists are uniquely qualified to address the needs of patients after surgery. Sports PT's are knowledgeable of the exercise protocols that need to be followed to allow proper healing, as well as the physical restrictions and timelines that need to be monitored to safely return the athlete to normal function, and eventually to resume athletic participation.

MILD TRAUMATIC BRAIN INJURY

Athletes who sustain a mild traumatic brain injury sometimes need follow-up care to treat post-concussive symptoms of vestibular disturbance, balance disorders, weakness, and headaches. Sports PT's work with these athletes in a safe environment, where they closely monitor symptoms and safely progress the athlete back to their normal level of function. Education is provided to the athletes, family members, and coaches regarding prevention of further head injury and consequences of returning to activity too quickly.

Franciscan St. Francis Rehabilitation Services provides Sports Physical Therapy to physically active individuals at a number of convenient locations around the greater Indianapolis area.

