

Rehabilitation Services Department Physical and Occupational Therapy

Sports-Specific Performance Rehabilitation

Whether you are a weekend warrior or a competitive athlete, our Sports-Specific Performance Rehabilitation Program provides a personalized rehabilitation approach to get you “back in the game.” We provide individualized treatment plans based on your specific goals. Our approach is a blend of manual and hands-on interventions along with therapeutic and corrective exercises to address muscle imbalances that may prevent optimal performance. Our unique approach will help you recover from injury more quickly and prevent further injury.

OUR THERAPISTS SPECIALIZE IN:

- Pre- and post-surgery rehabilitation
- Sport-related injuries and injury prevention
- Acute sprains/strains
- Overuse injuries
- Sport-specific exercises and drills to return to sport

OUR SPORTS-PERFORMANCE REHABILITATION PROGRAM INCLUDES:

- Functional movement assessment
- Biomechanics evaluation and injury prevention
- Manual and hands-on therapy
- Personalized corrective exercise

PATIENTS THAT PARTICIPATE IN THE SPORTS-SPECIFIC REHABILITATION PROGRAM CAN EXPECT:

- Improved strength and power
- Improved sport-specific areas of function
- Improved biomechanics and future injury prevention
- Return to sports and/or recreational activities

LOCATIONS:

Center for Outpatient Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

Therapy sessions are generally 2–3 times per week for 4–6 weeks. Obtain a prescription for your physician and schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: American Academy Orthopaedic Surgeons
www.orthoinfo.aaos.org

National Institute of Arthritis and Musculoskeletal
and Skin Diseases www.niams.nih.gov



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