

# Orthopedic and Sport Injuries

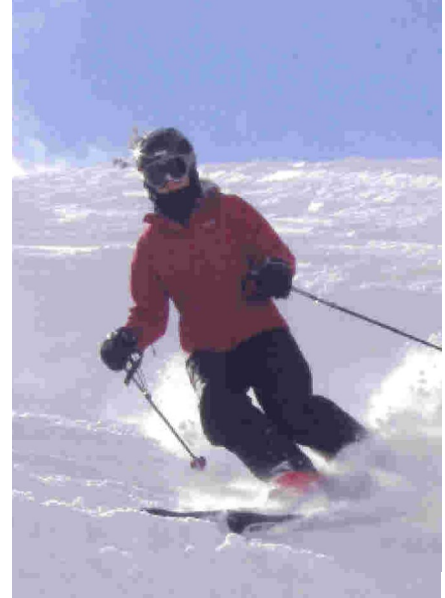


People of all ages enjoy activities of all levels. Some of these activities may result in injury from muscle strain or ligament sprain. Physical therapy treatment can assist you with a faster recover.

Sports and recreation promote a physically active lifestyle. Health benefits from physical activity include: weight management, improved self-esteem, and increased strength, endurance, and flexibility. The level of activity is dependent on the athlete, but there is a higher risk of injury from all types of physical activity. Many injuries are easily managed independently at home, but with the help of physical therapists some injuries are quickly alleviated and can decrease the duration between initial injury and return to participation.

For more serious injuries a physical therapist can work with your physician for your rehabilitation management. A physical therapist will design a personalized therapeutic intervention plan based on your injury and assessment. Some treatments for orthopedic injuries include therapeutic exercises, manual therapy, soft tissue mobilization, and other modalities to decrease pain. The goal at Primary Therapy Source is to improve body awareness, decrease pain, and establish a home exercise program that allows you to return to your activity quickly.

At Primary Therapy Source we understand how busy and active life can be as many of us are involved with recreational activities ourselves. Any injury is an inconvenience but with the right program from a skilled physical therapist rehabilitation can be easy and enjoyable by challenging the athlete in you.



Call Primary Therapy Source today for an evaluation if you currently have pain that is inhibiting your recreational performance.

254 River Vista Place, Twin Falls, ID 83301

208.734.7333 • 208.734.8350 (fax)

[www.primarytherapysource.com](http://www.primarytherapysource.com)



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*Treating you to a better life.*