

Sports Physiotherapy





What Is Sports Physiotherapy

Sports physiotherapy not only aids recovery but also enhances performance and prevents injuries. It focuses on improving strength, flexibility, and movement while addressing imbalances to ensure a safe return to activity.





Conditions Treated With Physiotherapy

- Sprains and strains
- Ligament injuries (ACL, MCL)
- Tendonitis and overuse injuries
- Muscle tears
- Joint pain (shoulder, knee, ankle)
- Back and neck pain
- Fractures and post-surgical rehab
- Rotator cuff injuries
- Tennis elbow
- Golfer's elbow
- Shin splints
- Patellofemoral pain syndrome
- Achilles tendon injuries
- Plantar fasciitis



How We Treat Sports Injuries

We treat sports injuries through a personalized approach that includes detailed assessment, hands-on therapy, and targeted exercise programs. Our focus is on reducing pain, restoring mobility, and rebuilding strength to ensure a safe and effective return to sport while minimizing the risk of re-injury.





THANK YOU



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