

## Welcome

What is Sports Injury Rehabilitation Therapy? Injury rehabilitation endeavors to achieve the development of functional capacity, to recover and prevent injury.

Techniques are used and advice given to correct and improve the bodies natural healing process promoting the clients to a healthy and independent lifestyle.

A few Conditions treated by a Sports Rehabilitation Therapist: Sports Injuries

Back Pain and Stiffness

Sciatica

Ligament and Cartilage problems of the knee

Neck and Shoulder Pain

Tennis Elbow

Sprains

Arthritic Pain

Repetitive Strain Injuries