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**Orthopedic and Sports Rehabilitation** Joint and soft tissue injuries can occur suddenly following an accident or trauma or as a result of years of wear-and-tear. Your therapist is qualified to treat your injury through extensive academic and clinical education and has completed a state licensure examination. Your therapist will identify your impairments and limitations and create an individualized program to return you to your activities and lifestyle as quickly as possible.

### **Some of the more common conditions for which physical therapists provide treatment include :**

- Sports injuries, such as overuse injuries and trauma in athletes
- Joint and soft-tissue injuries, such as sprains, strains, tendinitis, fractures and dislocations, and pre- and post-surgical conditions



- Workplace injuries, such as carpal tunnel syndrome, cumulative trauma and stress disorders

Your first physical therapy visit will include a thorough examination, utilizing specific tests and measures for your condition. Your therapist will evaluate and make a clinical judgment based on the information gathered during the exam, which will assist him or her in determining your treatment. Your therapist will discuss the findings with you, along with the recommended treatment, while considering your goals for improvement.