

# Physical Therapy

If I were to still be living here in ten years, I hope to become a Physical Therapist. I hope to graduate in Georgia and work as a physical therapists assistant at Chatham Sports Medicine and Physical Therapy. Chatham Sports Medicine and Physical Therapy is where I currently go to for therapy and I know its awesome career. All of the therapists there are friendly and really want to get me back to playing sports. I never was really into anything about health or medicine, until when I got injured and I had to go through the whole process of surgery, then therapy. It is really interesting to me how surgery works, but I am more interested in Physical Therapy. Physical Therapy has been a big part of my life for these past two months, and I want to be a part of what they do every day.



## CHATHAM SPORTS MEDICINE & PHYSICAL THERAPY

912-354-5100

Physical Therapy Hand Therapy Injury Prevention Sports Training Specialty Equipment Staff 1st Visit Chatham Orthopaedics

### PHYSICAL THERAPY



Our physical therapists understand the unique demands of each patient and athlete. We utilize an eclectic treatment approach to correct bio-mechanical faults in joint mobility, muscular strength, flexibility and endurance. We are experts in treating all orthopedic and sports injuries as well as post-operative rehabilitation.

#### Treatments:

- Electrical Stimulation to assist with muscle re-education
- Ultrasound for pain management and improved blood flow to injured tissue
- Iontophoresis for anti-inflammatory treatment.
- Traction to reduce pressure in the spine with conditions with spinal arthritis and disc injuries.
- Kinesio Tape- Elastic, latex-free tape lasting 3-5 days that may re-educate the neuromuscular system, reduce pain, promote healing, promote lymph flow and decrease
- Custom orthotics assessment and fitting



Name Here