



# SPORTS, PHYSICAL THERAPY AND ORTHO SCREENINGS

## PURPOSE

To identify and eliminate risk factors for youth sports injuries. Research shows that injury prevention programs eliminate greater than 50% of sports injuries.



Shae Phillips, DPT and Ortho specialist, is a talented member of our physical therapy team and has a strong orthopedics and manual background. Earning her Bachelors of

Science in Exercise Science and her Doctorate of Physical Therapy from Hardin Simmons University; Shae is dedicated to identifying any potential injuries or muscle imbalances to improve function and prevent injury.



Roxy Hunter, DPT, earned her Bachelors in Physics from Baylor University in 2011, her PTA degree from San Jacinto College in 2015, and her Doctorate of Physical Therapy degree

from The University of Texas Medical Branch in 2022. Her areas of interest include Pediatrics, Neurology, Education, Orthopedics, and Sports Physical Therapy.

## GOALS

- Identify injury risk factors including variability in flexibility, strength, muscle imbalance, posture, and gait/running/jumping/landing mechanics.
- Educate the athlete/parents about identified injury risk factors and the benefits of therapeutic and proper biomechanics in sports.
- Provide personalized corrective exercise techniques specific for reducing future injuries.

## THE PROGRAM

- Lower quarter strength assessment
- Lower quarter flexibility assessment
- Video analysis of landing mechanics
- Functional balance testing running mechanics
- Sport specific agility testing

## YOU WILL LEAVE WITH

- A personalized home exercise program tailored to significantly reduce injury risk factors.

## CALL US TO SCHEDULE FREE SCREENINGS

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