

# Services

## Orthopedic and Sports Injuries



### **Injuries happen . . .**

accidents • sports injuries • falls • stress injuries

### **. . . pain and limited mobility usually follow.**

An early diagnosis with experienced **PT@acac** physical therapists, and timely implementation of a treatment plan for your injury can help relieve your pain, save your season, your race, or your vacation, and get you moving safely in less time.

### **What to expect when you visit PT@acac:**

- Your **PT@acac** physical therapist will perform a comprehensive evaluation of your musculoskeletal injury
- After assessment, your experienced therapist will administer hands-on therapy customized to you and your injury. This may include:
  - joint and muscle mobilization
  - personalized exercise to address muscular imbalances and insufficiency
  - education in proper posture and body mechanics

**Your treatment plan is designed to help ensure the quickest recovery safely possible, and to help you avoid re-injury.**

All of our therapists are Direct Access certified, meaning you can see a physical therapist without a doctor's referral. Most insurance companies in the state of Virginia do not require a physician's referral (with the exception of Medicare).