

KEEPING YOU IN MOTION

WHAT CAN PHYSICAL THERAPY DO FOR YOU?

Physical therapy can help you to improve your ability to stand, walk, run, sit upright, move your arms and legs without difficulty, and restore bladder confidence. The physical therapists at Kettering Sports Medicine Center are available to help you return to your optimal level of function after an illness, injury or surgery.



WHO ARE PHYSICAL THERAPISTS?

Physical therapists are health care professionals who have graduated from accredited physical therapy programs and have passed a national and state licensure examination and maintain this licensure through yearly continued education. Physical therapists are experts at evaluating and treating problems that limit the ability to move and function optimally. Physical therapists also help to prevent injury or movement problems. The basis of physical therapy is exercise and functional training however physical therapists also use manual skills to mobilize or manipulate a joint, use massage or myofascial techniques to encourage proper muscle function, or utilize electrotherapy, ultrasound, iontophoresis, traction or other modalities to restore function and decrease pain.

THE PHYSICAL THERAPISTS AT KETTERING SPORTS MEDICINE CENTER

The physical therapists at the Kettering Sports Medicine Center specialize in orthopedics and sports medicine for all ages. We treat all joints including the spine. Any individual wanting to gain more function and return to normal activity, whether that activity is playing a sport at any level or being able to walk at the grocery store, should consult a physical therapist. Our physical therapy staff has an average of 15.2 years of experience and many of our staff members have additional certifications as well (orthopedic specialists, certified strength and conditioning specialists, incontinence specialists and dance medicine/ Pilates specialists).

WHERE CAN YOU FIND US?

Kettering Sports Medicine offers physical therapy at all five of its locations located conveniently throughout the Miami Valley. Dance medicine is offered exclusively at the Kettering location and the incontinence program is offered at the Sugarcreek location. We strive to schedule an initial evaluation within 48 hours to get you moving as quickly as possible. Contact the center nearest you to get started or with questions.

HOW CAN YOU SEE A PHYSICAL THERAPIST?

A referral from any physician, chiropractor or nurse practitioner is needed to begin physical therapy. Kettering Sports Medicine Center is affiliated with Kettering Medical Center and therefore accepts most insurance companies.

LOCATIONS

KETTERING SPORTS MEDICINE CENTER

3490 Far Hills Avenue
(937) 395-3910

ENGLEWOOD HEALTH CENTER

1250 West National Road, Suite 200
(937) 832-8982

TIPP CITY

25 S. Tippecanoe Drive
(937) 669-5757

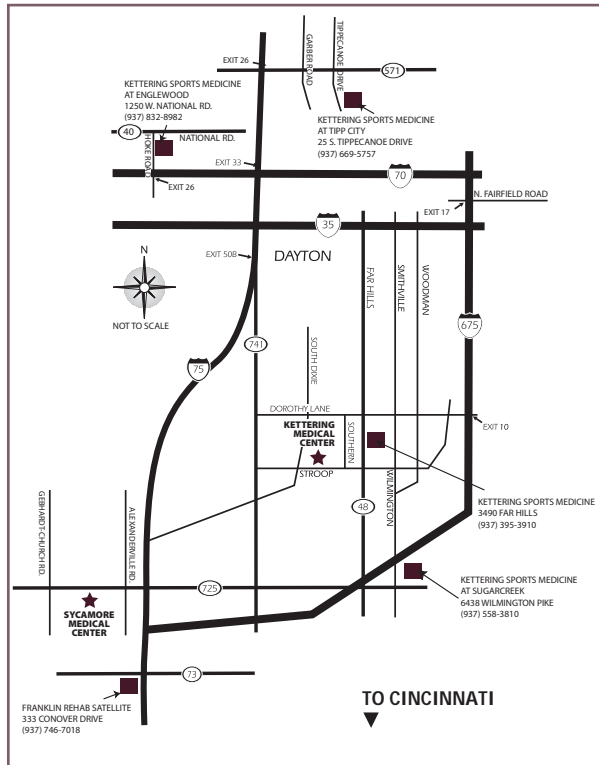
SUGARCREEK HEALTH CENTER

6438 Wilmington Pike
(937) 558-3810

FRANKLIN

333 Conover Drive, Suite I
(937) 746-7018






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