



Sports Injuries

Sports Injuries most commonly occur during competitive sporting events, recreational activities or exercise. These injuries typically result from accidents, overuse, poor training practices, improper use of equipment and/or insufficient warm-up.

Cole Pediatric Therapy will customize a specific program that promotes healing and effectively treats an injury in order to help the child return to their desired activity as quick as possible. The therapy program will focus on the following:

- Pain Relief
- Early mobilization
- Range of Motion
- Lower and/or upper extremity alignment
- Stretching and strengthening exercises
- Flexibility and endurance
- Instruction on balance
- Proper Body mechanics related to a specific sport
- Future injury prevention

“Sports injuries are the second leading cause of emergency room visits for children and adolescents; and the second leading cause of injuries in school”

Source:
NationwideChildrens.org

*Locations throughout Texas, North Carolina, Washington, and Washington DC.
Please visit colehealth.com for a complete listing.*

Sports Injuries

COMMON CONDITIONS TREATED BY THE EXPERIENCED STAFF AT COLE PEDIATRIC THERAPY ARE AS FOLLOWS:

Sprains and Strains

Overuse Injuries

Dislocated Shoulder

Tendinitis

Hamstring Muscle Injuries

Swimmer's Shoulder

Youth Pitching Elbow

Runner's Knee

Shin Splints

Rotator Cuff Injuries



FOR MORE INFORMATION ABOUT OUR SERVICES, OUR COMPANY AND LOCATIONS, OR TO LEARN MORE ABOUT THE COLE DIFFERENCE, VISIT US AT WWW.COLEHEALTH.COM