



Sports-related injuries.

Despite all the recent news about rising obesity in America, there are still millions of Americans who participate regularly in casual and competitive sports and activities such as biking, hiking, swimming and walking.

No matter what type of sports-related injury you have, we have the training and experience to help you get back in your game much sooner and more safely than you may think.

How we can help.

At Back In Motion Rehabilitation, we do whatever it takes to return athletes to their favorite sports. We have worked with thousands of competitive high-school athletes, active seniors and weekend warriors. We understand their desire to continue playing and being active. Our goal is to help each one reach that goal safely and with much less chance of reinjury.

We offer expert rehab services designed to get people back to their sports in a timely manner after injury or surgery. We go beyond traditional physical therapy by developing customized rehab programs based on each person's specific condition and specific sport with the goal of helping them maximize strength, flexibility, endurance and overall function. We also employ athletic trainers and place them in area high schools.

Our secondary goal is to help athletes condition for their sport. By conditioning their uninjured body parts, the rest of their body is enhanced while the injured body part heals. This can include the creation of a personalized, progressive balance training program and/or functional strength training, which also improves range of motion and balance.

The physiologic changes that occur with aging, coupled with the desire to remain competitive in various sports like golf and tennis, can place seniors at an increased risk for injuries. The human body naturally

loses its flexibility and its ability to heal quickly over the years. There may also be increased joint stresses due to arthritic changes. Balance may also decrease with age and most sport activities require a tremendous amount of balance to maintain the skills necessary to perform safely.

In the past, seniors undergoing certain surgical procedures would give up their favorite sport to prevent reinjury. Nowadays, with the advancements in modern physical therapy, even a condition as serious as a total hip or knee joint replacement does not mean that seniors must stop playing their sport. With the proper rehabilitation, most seniors can safely return to tennis, golf, swimming or any other activity they enjoy. Our highly trained, experienced physical therapists are athletes or former athletes, too. They're dedicated to helping patients overcome sports injuries and get back to the activities they love, feeling and functioning at their best.

Whether you have a painful muscle sprain or a more serious joint problem, we can help. We offer comprehensive, intensive hands-on therapy, biomechanical evaluation and muscle strengthening, all with our understanding of an athlete's goals.

To learn more about how we can help sports-related injuries, please call Bay City at 989-892-4557 or Saginaw at 989-799-9150.



Back In Motion
Rehabilitation, LLC

Where experienced hands-on care gets results.

Two convenient locations:

Bay City: 2618 Center Avenue

Bay City, MI 48708 • 989-892-4557

Saginaw: 4884 Gratiot Avenue, Suite 19

Saginaw, MI 48638 • 989-799-9150

www.BackInMotionRehab.com