

Appropriate for male and female athletes regardless of skill or competitive level.

- | | |
|----------------------------------|---------------|
| ⇒ Baseball/Softball | ⇒ Dance |
| ⇒ Cheerleading | ⇒ Golf |
| ⇒ Football | ⇒ Ice Skating |
| ⇒ Hockey-Field and Ice | ⇒ Soccer |
| ⇒ Track and Field, Cross-country | ⇒ Volleyball |
| ⇒ Rugby | ⇒ Gymnastics |
| ⇒ Biking | ⇒ Lacrosse |
| ⇒ Equestrian | ⇒ Tennis |
| ⇒ Basketball | ⇒ Many more |



Injuries are no fun, and the stakes can be very high.



Referral not necessary.

The Musculoskeletal Sports Physical is meant to accompany and not replace the traditional sports physical. It is not meant to qualify or disqualify an athlete from participation. Athletes still need to pursue a traditional sports physical to obtain completed forms required by the school.



**Contact us to
schedule an appointment
with one of our physical therapists
and get in the game!**

¡Se habla español!

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Appalachian Physical Therapy
"Always Getting Better"

The Musculoskeletal Portion of the Sports Physical: Being *Really* Game Ready!



Broadway

171 East Springbrook Rd.
Broadway, VA 22815
540-901-9501

Harrisonburg

2035 East Market St., Suite 45
Harrisonburg, VA 22801
540-209-8977

Strasburg

105 Stony Pointe Way, STE 211
Strasburg, VA 22657
540-252-3892

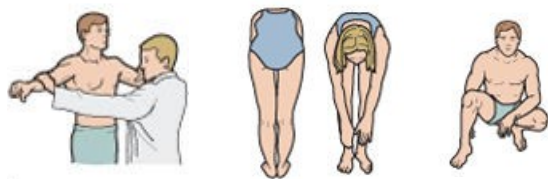
Pinehurst

211-L Central Park Ave.
Pinehurst, NC 28374
910-215-0541

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The sports physical, also known as the pre-participation physical, is a time-honored tradition that has been observed by school-age athletes for decades. In many school systems it is a non-negotiable requirement established for the safety of the athlete, as well as the liability of the school. It typically includes a health history (including family), and screening of multiple systems (cardiovascular, musculoskeletal, respiratory, abdominal organ, and visual) for abnormalities.



While the musculoskeletal system is an element, it typically garners very little attention. In a sports physical many practitioners utilize the Stanford University two-minute orthopedic examination of the musculoskeletal system, or a similar model. While this is a helpful tool, we propose that ***the musculoskeletal system not only deserves but requires a more in-depth evaluation.*** After all, musculoskeletal injuries are very common—the most likely reason for an athlete to be sidelined. Undesirable results of injury can include pain, re-injury, tissue damage, compromised performance, and ultimately disqualification from participation. Severe or in appropriately managed conditions can even be life-altering and lead to surgery, medication, lost scholarships, depression, and career choice limitations.

***Faulty movement patterns
compromise optimal performance
and predispose an athlete to injury.***



***We believe that the musculoskeletal
system is best assessed by a
practitioner who works with it on a
regular basis and is an expert in the
recognition of faulty movement
patterns.***

We are Experts.

At Appalachian Physical Therapy all our therapists are *Doctors of Physical Therapy*. This entails 7+ years (or the equivalent) of training, including hundreds of hours in musculoskeletal medicine. ***This expertise enables us to identify normal versus abnormal when it might otherwise go undetected*** in such areas as:

- ⇒ Movement—quantity, quality, timing, symmetry, effort, substitution, osteokinematics, arthrokinematics, active and passive.
- ⇒ Strength —power, force generation, endurance, proper sequencing of muscle firing, core stability.
- ⇒ Coordination—static and dynamic balance, motor control and planning, recovery, and responsiveness.

