

Carpal Tunnel Syndrome

Mon, 26 Oct 2015

Many question if physical therapy can help carpal tunnel syndrome, the study linked below supports that PT is an excellent option for someone to try before looking into surgical solutions. Physical therapy was found to improve strength and lower the pain level reported by patients. The study goes more in depth on the benefits of physical therapy and reveals that in mild to moderate and sometimes severe cases, therapy is a better option than surgery. Contact us today if you want relief from the numbness and tingling pain caused by Carpal Tunnel Syndrome!

Article: <http://www.apta.org/PTinMotion/News/2015/8/19/CarpalTunnel/>

Back injuries on the rise

Thu, 24 Sep 2015

We have been getting many football players with lower back injuries. Two of the most important things that athletes can do to prevent these injuries are hamstring flexibility exercises and PLANKS!!! Keep the core strong and the hamstrings loose.

Fall is in the air

Tue, 8 Sep 2015

It is an exciting time of year. As the temperatures start to lower, the sights and sounds of Football in the South come alive. Good luck to our area teams. Play hard and be safe!

Labor Day

Mon, 7 Sep 2015

Unfortunately, our office will be closed on Monday, September 7, 2015 in honor of Labor Day. We will be open regular hours on Tuesday, September 8, 2015. Thank you.