

May 24 - Physio Can Help You Stay at the Top of Your Game!

Physiotherapy treatment of sprains, strains and other athletic injuries uses techniques such as manual therapy, sport specific exercise, taping, bracing, and therapeutic modalities. Sports physiotherapists can also reduce the risk of sports injuries through preventative and screening programs as well as help enhance sports performance such as bike fittings, and running assessments.

<https://www.youtube.com/watch?v=Jr1TzWbT6zk>

<https://physiocanhelp.ca/what-is-physiotherapy/sport-physiotherapy/>

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