



SPORTS PHYSIOTHERAPY

Recover faster, move better, and return to sport with personalized physiotherapy care.

UNDERSTANDING SPORTS INJURIES AND RECOVERY

Staying active is important, but sports activities can sometimes lead to injuries that affect daily life. A structured approach like **sports physiotherapy Spruce Grove** focuses on restoring movement, reducing discomfort, and supporting safe recovery.

In Spruce Grove, many individuals seek physiotherapy after experiencing strain from regular training, recreational sports, or sudden injuries. Treatment is not only about healing but also about preventing future issues.

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Common Sports Injuries Treated

Sports physiotherapy helps manage and recover from a wide range of common injuries caused by physical activity, including sprains, strains, ligament tears, tendon injuries, and overuse conditions. Whether it's a knee injury from running, a shoulder strain from weightlifting, or ankle instability from sports like basketball or soccer, targeted physiotherapy focuses on reducing pain, restoring mobility, and rebuilding strength. Treatment plans are tailored to each individual, combining manual therapy, corrective exercises, and injury prevention strategies to support safe and effective return to sport while minimizing the risk of re-injury.

HOW PHYSIOTHERAPY SUPPORTS RECOVERY

Physiotherapy plays a crucial role in recovery by addressing the root cause of pain and dysfunction rather than just the symptoms. Through a combination of hands-on manual therapy, targeted exercise programs, and movement retraining, it helps reduce inflammation, improve flexibility, and restore strength and stability.





Benefits of Physiotherapy

- Lower risk of recurring injuries
- Enhanced functional movement
- Improved strength in injured areas
- Better flexibility and joint movement
- Reduced pain through targeted treatment



Thank You!



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