

Services

Fitness and Sports Medicine

In the United States alone each year, adults aged 25 and over suffer an estimated 3.2 million sports injuries. Running injuries are commonly treated at Restoration Physical Therapy in Media, PA as well as those sustained in other recreational sports such as tennis, golf and soccer.

Whether you are a professional or semi-pro athlete or you are restricted to weekend or holiday recreational sports, when injuries occur they impact your quality of life. If they happen early in the season of a favorite sport like golfing, nobody wants to sit on the sidelines for weeks on end until the season passes.

With specialized training and a combination of hands-on therapy and modalities, we have a distinguished track record of getting athletes back in their game as quickly as possible. Even more importantly, we take the time to determine the root cause so we can prevent the injury from happening again.