

For more information about our therapists, please go to:
www.saintpetershcs.com/SportsMed/PhysicalTherapists

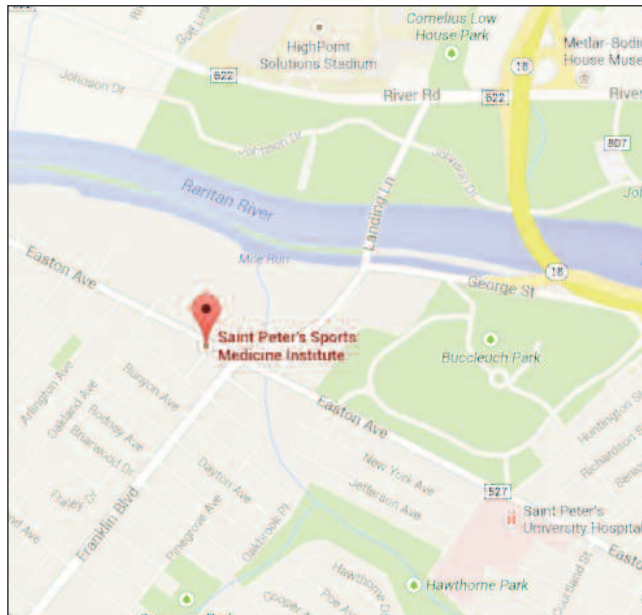
We accept most insurance plans. Please call 732-565-5455 to ask about specific plans.

Hours of operation:

Monday-Thursday, 7:00 AM to 8:30 PM

Friday, 7:00 AM to 7:30 PM

Saturday, 8:00 AM to 12:00 PM



Sports Medicine and Physical Therapy



562 Easton Avenue
Somerset, NJ 08873
P: 732-565-5455 ■ F: 732-565-5454
www.saintpetershcs.com/SportsMed



Sports Medicine Institute

The Saint Peter's Sports Medicine Institute is staffed by a multidisciplinary team of physicians, physical therapists, massage therapists and personal trainers known for their expertise in treating collegiate, professional and Olympic athletes, the "weekend warrior" and the non-athlete.

Common diagnoses we treat include:

- Low Back Pain/Sciatica/Sacroiliac Joint Pain
- Dizziness/Concussion
- Muscle/Ligament Sprains/Strains
- Herniated Discs
- Knee Pain
- Rotator Cuff Tear/Tendonitis/Impingement
- Pre- and Post-Surgical Rehabilitation
- Sports injuries

Visit www.saintpetershcs.com/sportsmed for more detailed information.



What to expect:

A one-hour comprehensive evaluation on your first visit will help us to learn about your:

- Flexibility
- Strength
- Range of Motion
- Joint Mobility
- Biomechanics

Following your evaluation, your therapist will provide you with a detailed home exercise program to start right away. At your follow-up sessions, you will perform a personalized exercise program tailored to address your functional deficits.



Special programs offered:

- Return to Sports
- Selective Functional Movement Assessments
- Concussion Rehabilitation
- Vestibular Rehabilitation
- Pre- and Post-Natal Exercise and Education Classes
- PEP (Prevent Injury, Enhance Performance)
- Thrower's Program

The Saint Peter's Sports Medicine Institute maintains a staff of physical therapists, physical therapist assistants, personal trainers and massage therapists, all dedicated to providing the latest treatment techniques to assist patients in returning to their highest level of physical comfort and ability.