

The Center for Physical Rehabilitation and Sports Medicine

Sports **Rehabilitation**

*Do you have a new or a previous athletic injury that hasn't fully healed?
Do you want to get back to the sports and activities that you love?
We can help!*

It's common in today's active world that people of all ages are staying physically fit and playing sports later than ever in life. Often this can lead to sprains, strains and injuries. Some heal quickly and some seem to take forever to heal. Either way, injuries can change the way you play and affect how fast you can return to your "A-game."

At The Center for Physical Rehabilitation and Sports Medicine we have the team, the knowledge, the experience, and the desire to help you recover and return quickly to your active lifestyle. Our intense programs are available for all levels of athletes from school and recreational athletes to professionals. Our team of sports trained Physical Therapists provides each athlete with a thorough evaluation and individualized treatment plan designed to meet the needs of his/her sport. We help treat the whole athlete, providing evidence based research and education regarding proper foot wear, bracing, conditioning and nutrition for future injury prevention.

Each of our nationally certified therapists will work closely with the athlete, their physician, athletic trainer, and coach to provide personalized, comprehensive and consistent care that helps to return the athlete safely to their chosen sport. *Ask your physician for a referral or call us directly with your questions.*

A physician's prescription is necessary for treatment.

The Center for Physical Rehabilitation and Sports Medicine

WEST CHESTER
Fern Hill Medical Campus
915 Old Fern Hill Road
Suite 4, Building A
West Chester, PA 19380
610.738.2480

EXTON
The Commons at Oaklands
700 West Lincoln Highway
Exton, PA 19341
610.518.5845

KENNETT SQUARE
Medical Office Building at
New Garden
830 West Cypress Street
Kennett Square, PA 19348
610.444.6242

SOUTHERN CHESTER COUNTY
455 Woodview Road
Suite 115
West Grove, PA 19390
610.345.1950



Penn Medicine

ChesterCountyHospital.org