

Sports Injuries

Sports Injuries & Training



With the proper evaluation from our staff, we can determine the proper and safe exercise and training routine to limit muscle imbalances that can inhibit proper functioning and fluidity of movement. We train, golfers, cyclists, runners for treatment and prevention of injuries and optimize workout.

Learn more about:

- [Sports Training For Runners](#)
- [Sports Training For Cyclists](#)

Schedule Your Appointment With A Sports Physical Therapist

Contact our Brooklyn office today to make an appointment to discuss sports rehabilitation and whether sports physical therapy may be right for you. Please call **(718) 855-1543**, or use the appointment request form on this page.