

Physical Therapists: Your Partner in Good Health



Physical therapists are highly-educated, licensed health care professionals with excellent skills in pain reduction and mobility restoration. Physical therapists teach patients how to prevent or manage their medical condition in order to achieve long-term health benefits. Physical therapists examine each individual and develop a treatment plan, using hands-on techniques designed to promote the ability to move, reduce pain, restore function and prevent disability. In addition, physical therapists work with individuals to prevent loss of mobility and strength before they occur by developing fitness and wellness-oriented programs for healthier and more active lifestyles.

Peak Performance Sports and Physical Therapy has experienced physical therapists who perform complementary injury prevention and exercise screenings. These screening examinations take approximately 15 minutes to complete and are designed to evaluate each individual's strength, flexibility and body mechanics through a spectrum of functional movements such as bending, lifting and walking. Our goal is to target faulty movement patterns, muscle imbalances, postural dysfunctions and body mechanics that, left unchecked, could contribute to the formation of injury.

After completion of the screening process, our physical therapists can help guide each individual in their activity and exercise pursuits by recommending exercises and/or stretches to help promote better function and muscle balance. In some cases, a recommendation for the individual to follow-up with their primary care physician may be given. In other cases, a course of physical therapy intervention may be advised.

Peak Performance Sports and Physical Therapy understands the growing need for our patients and for our community at large to improve their physical conditioning. We know first-hand about the importance of maintaining strong and flexible bodies so we can enjoy our lives and be active participants in life. We consider the education and pursuit of healthful living to be integral to our current and future success with regards to serving Eastern North Carolina. Therefore, we would like to assist individuals to design an exercise and wellness routine that leads to health gains and minimizes health risks and injuries.

We know, from many years of experience, that all exercise programs need to incorporate the following components to be successful and minimize injury:

- A warm-up consisting of soft-tissue release techniques and general dynamic mobility exercises and stretches,
- A series of exercises designed to activate the body's core muscle groups in order to get them ready to stabilize the body's joints during the workout,
- A combination of exercise types, that emphasize resistance training, but also develop mobility, coordination and endurance,
- Proper regeneration strategies, including information regarding nutrition and rest and
- Options to individualize the program based on the patient's needs, goals and experience.

At Peak Performance, it is our goal to educate and guide individuals of all ages towards a better quality of life with less pain, reduced chance of injury and greater functionality. Call the nearest Peak Performance clinic to schedule your free injury and exercise screening examination.