

**SPORTS**

**MEDICINE**

**YOUR  
COMEBACK  
STARTS HERE.**



**agility**health®

# GET BACK INTO THE GAME.

No matter what you play, our dedicated team of experienced physical therapists here at Plainwell Agility Health Physical Therapy understands the demands of your sport, how to train for your position and how to assess your individual needs. Our expert staff is board certified by the American Board of Physical Therapy Specialties in Orthopaedics (OCS) and have advanced training in Orthopedic Manual Physical Therapy (OMPT) as well. Functional movement screens are utilized to identify muscle imbalances and movement deficiencies that can lead to injury and/or inefficient training and performance of sports. We offer a variety of Sports Rehab techniques and services including:

- Manual Therapy
- Functional Movement Screens
- Gait / Running Evaluations
- Custom Foot Orthotic Evaluation
- Sport Specific Performance Training
- Sports Team Training / Education
- Neuromuscular Activation (Neurac) Therapy Utilizing Redcord Equipment

We participate with most insurance companies, and will be able to schedule your first appointment within 48 hours. We also have flexible morning and evening appointments to fit your schedule. At Plainwell Agility Physical Therapy, we have a passion for sports and look forward to helping you get back to the sport you love.

**agilityhealth**<sup>®</sup>

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