



Sports Performance and Return to Play Programs at LSTC

Our main goal is to help you play better and prevent common sports injuries.

At LSTC in Sterling, VA these programs are available for athletes & weekend warriors. Athletes work directly with our Physical Therapists and Certified Athletic Trainers to create a plan that will strengthen weak muscles and focus on preventative strategies to avoid injuries from occurring during their seasons.

Sports Performance Program: Our Sports Performance Program was developed to help our local Loudoun and Fairfax County athletes improve their game and avoid physical therapy. Yes, you read that correctly; a physical therapy clinic wants you to avoid needing physical therapy!

Studies show that athletes who have been assessed prior to the start of each season and trained appropriately prior to and during the season are 75% less likely to be injured or experience pain during their season / competition. This is primarily because their joints, muscles, and ligaments are better able to absorb the repetitive actions or the impact when trauma does occur.

Return to Play Program: *Injury prevention is our goal but recovering from injury is essential. Athletes who suffer injuries are usually more prone to repeat injuries* due to prior weakness and muscle imbalance. Some injuries allow for a quick recovery while other may take much longer and require a round of physical therapy. At our Sterling Virginia location we offer our return to play program as a post physical therapy option.

What is a return to play program? Physical therapy focuses on helping your athletes improve strength, range of motion, balance and mobility while relieving pain and inflammation. Our return to play program offers the athlete a sport-specific personalized program. This type of program works to get the athlete back to playing their sport at full intensity. During your session, the athletic trainers assess your needs related to joint proprioception, agility, and ability to change direction quickly.

Do I need to have physical therapy before starting a return to play program? Yes. It is our professional opinion that an injury should be treated with physical therapy first. This allows us to manage pain, inflammation, and assess for more acute needs before working on higher level programs. Once the physical therapist has cleared you for return to play, we will start the program.

If any of your patients are suffering from a recent or long standing injury, call now at 703-450-4300 to schedule a personal physical therapy evaluation for them. We will help them recover from their injury and get them back to playing on the court or field.

At Loudoun Sports Therapy Center, our clinicians are experts at helping your patients for live a pain free and active life. Call our office today at 703-450-4300 and schedule your patients physical therapy appointments.

Top 5 Reasons to send Your Patients to LSTC:

1. FLEXIBLE SCHEDULING
2. ALL MAJOR INSURANCE PLANS ACCEPTED
3. HIGHLY TRAINED PHYSICAL THERAPISTS WHO GIVE THE BEST CARE IN THE AREA
4. PHYSICAL THERAPISTS AND LPTA's WORK ONE-ON-ONE WITH ALL PATIENTS WITH CERTIFIED ATHLETIC TRAINERS AS SUPPORT STAFF
5. INDIVIDUALIZED TREATMENT PLANS TAILORED TO PATIENTS' NEEDS



“Before coming here I began to lose my ability to run daily due to muscle tightness. I slowly started to notice minor improvements at first and learned what I can do at home to relieve discomfort. After a month or so I was able to slowly get back into running and exercise. Now I am back to training and running!” ~ Casey S.

Our expert staff can help your patients with:

ALL orthopedic conditions:

- Neck and back
- Hip and knee
- Ankle and foot
- Shoulder
- Elbow, wrist and hand
- Pre and Post-surgical rehabilitation
- Sports Injuries
- And more!



"I couldn't run, walk, jog, sprint without pain. I wasn't able to heal, and now I can do everything without pain. Credit to the staff that I worked with. It was a long process but I think I put my mark on this place. I learned that I need strong hips for my legs to get better." ~ Jake S.

We Make Referring Patients EASY!

Let Loudoun Sports Therapy Center help you get your patients back to pain-free living NOW!
We take the headache out of referring your patients for physical therapy.

We provide fast, concise and easy-to-read reports sent to your office to keep you Informed of your patients' progress. It's our job to get the results you **and** your patients want so they THANK YOU for referring them to us.

Refer your patients to Loudoun Sports Therapy Center and we will help them get back to PAIN-FREE LIVING!
We make it easy. Call 703-450-4300 or simply FAX prescriptions to 703-450-5113.

LSTC

Loudoun Sports Therapy Center

The Leader in Physical Therapy

