



Sports Physiotherapy Edmonton

Movement-focused care for
athletes and active individuals.



Recover
from Injury



Improve
Movement



Build
Strength



Return to
Activity

Vertex Physiotherapy & Sports Performance Center



vertexphysio.ca



(825) 525-2852 • 6958 76 Ave NW #205, Edmonton

What Is Sports Physiotherapy?

Built Around Your Sport, Your Goals

Sports physiotherapy focuses on injuries and movement concerns related to physical activity. It can be part of care for athletes and active individuals dealing with muscle strains, joint pain, stiffness, overuse concerns or an injury that has changed how they train.



Recover
from Injury



Improve
Movement



Build
Strength



Return to
Activity



Recovery • Movement • Strength • Return to Activity

The plan can change as your movement, tolerance and activity level change.



A movement-focused approach

- ✓ Assessment of movement, strength, mobility and activity demands.
- ✓ Treatment plans shaped around the sport or activity.
- ✓ Exercise progression based on current function and goals.
- ✓ Guidance for returning to training and everyday activity.

Conditions We Treat

Sports injuries and activity-related concerns



Muscle Strains

Hamstrings, quadriceps and calf strains can affect running, jumping and changes of direction.



Overuse Injuries

Repeated training loads can contribute to pain and reduced tolerance for exercise.



Achilles Tendon Pain

Tendon-related pain may affect sprinting, jumping and everyday movement.



IT Band Syndrome

Outer-knee discomfort is common in running and cycling activities.



Ligament Sprains

Ankle, knee and shoulder sprains may affect stability, mobility and confidence during activity.



Plantar Fasciitis

Heel and arch discomfort can make walking, running and training difficult.



Runner's Knee

Pain around the kneecap can be associated with running, stairs and repeated knee loading.



Shoulder Injuries

Shoulder pain can affect swimming, tennis, throwing and other overhead activities.



Other concerns can include concussions, shin splints, patellar tendinopathy and repetitive strain injuries.

An assessment helps determine what may be contributing to your movement or activity limitations.

Sports Physiotherapy Treatment Options

Hands-on care and active rehabilitation



Manual Therapy

Joint mobilizations and hands-on techniques may be used for stiffness and movement limitations.



Muscle Energy Techniques

Controlled muscle contractions can be incorporated into treatment for selected movement concerns.



Electrotherapy

TENS and NMES may be used as part of a broader rehabilitation plan when appropriate.



Shockwave Therapy

May be considered for certain tendon and overuse conditions.



Soft Tissue Mobilization

Techniques may be used around tight or restricted soft tissues.



Trigger Point Therapy

Treatment may target areas of muscular tension that affect movement.



Dry Needling / IMS

Thin needles may be used for selected muscular concerns and treatment goals.



Kinesiology Taping

Taping can be incorporated for selected movement, swelling or tissue-loading needs.



Treatment selection depends on the assessment, symptoms, activity demands and rehabilitation goals.

Your physiotherapy plan may combine more than one approach.

Sports Physiotherapy for Kids and Teens

Movement care for young athletes

Young athletes can experience sprains, strains and overuse concerns while their bodies are still growing. Physiotherapy can help address movement limitations and guide a gradual return to activity.



Common concerns

- Growth-related knee pain
- Shoulder and elbow injuries from throwing sports
- Sprains and strains
- Overuse concerns from repeated training



Activity-specific rehabilitation

Programs can include strength work, mobility exercises, balance, coordination and movement drills that relate to the young athlete's sport and current activity level.



Soccer



Basketball



Gymnastics



Running



Hockey



Throwing Sports

Our Edmonton Sports Physiotherapy Treatments

At Vertex Physiotherapy & Sports Performance Center, our sports physiotherapy programs focus on improving movement, building strength, and helping you return to the activities and sports you enjoy. Each plan can be adjusted according to your current condition, activity level, and rehabilitation goals.

Whether you are returning to sport after an injury, preparing for a new training season, or working to improve your movement, physiotherapy can include exercises and techniques that focus on:

- ✓ Running mechanics and gait retraining
- ✓ Strength and conditioning exercises
- ✓ Agility and change-of-direction drills
- ✓ Mobility and movement exercises
- ✓ Balance and coordination training
- ✓ Sport-specific movement and exercise progression
- ✓ Gradual return-to-training activities



Our goal is to help you build the strength, mobility, coordination, and confidence needed to move through your sport and everyday activities with greater ease.





Contact Vertex Physiotherapy

Sports Physiotherapy Edmonton



Vertex Physiotherapy & Sports Performance Center

Sports physiotherapy care for athletes and active individuals, with treatment plans shaped around movement, activity demands and rehabilitation goals.

Contact



Phone
(825) 525-2852



Website
vertexphysio.ca



Address
**6958 76 Ave NW #205,
Edmonton, AB T6B 2R2, Canada**



Sports Physiotherapy Edmonton

Move with a plan that fits your activity and rehabilitation goals.