



Sports Physiotherapy in Edmonton

Turning Point Physical Therapy



www.turningpointphysio.ca



About Sports Physiotherapy

Sports physiotherapy helps athletes and active individuals recover from injuries, improve performance, and prevent future issues. It focuses on strength, flexibility, and movement efficiency.



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Conditions Treated

+



**Sports Injuries
(Sprains, Strains)**



**Muscle and Ligament
Injuries**



**Knee, Shoulder, and
Ankle Pain**



Treatment Approach

- ✓ Sport-Specific Rehabilitation
- ✓ Strength and Conditioning Programs
- ✓ Manual Therapy Techniques
- ✓ Mobility and Flexibility Training



Edmonton Physical Therapy Approach



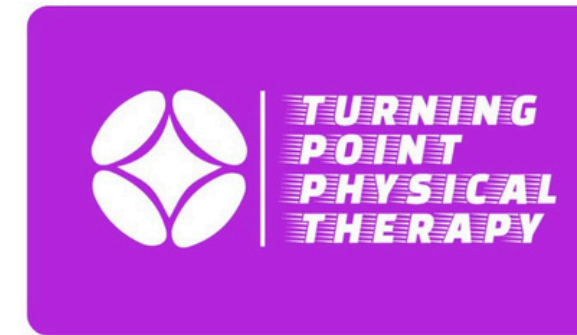
- ✓ **Individual assessment and guided care**
- ✓ **Gradual progression of exercises**
- ✓ **Support for daily movement and activity**
- ✓ **Education for injury prevention**



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Thank You Very Much