Sports Therapy Program at Swedish

Expert sports-injury care and prevention for all ages

The Program
Sport specific evaluation and treatment to enhance healing and injury prevention

The Sports
• Running and running sports
• Throwing injury and overhead sports
• Recreational sports and outdoor activities

The Experts
Swedish therapists offer specialized sports programs for:
• Pediatric and adolescent sports rehabilitation
• Hand therapy by a certified hand therapist (CHT)
• Golf biomechanics and rehabilitation
• Sportsmetrics — jump training and injury prevention for the hip and knee
• Bicycle fit
• Sports therapy and “biomechanics-based” training tips for coaches

The Technology
• BTE (computerized measure of strength, power and endurance during actual throwing, kicking and swinging motions)
• Video treadmill running analysis
• Video jump analysis

The Training Equipment
• Paramount weight equipment
• Pro-Fitter
• Plyometric rebounder
• Slide board
• BAPS (Biomechanical Ankle Platform System)
• Nu-Steps
• Treadmills
• Elliptical cross trainer
• UBE (upper body ergometer)
• Wall weights and pulleys
• Exercise balls and free weights

The Results
• Close communication with your physician
• Recommendations for return to training
• One month follow-up progress assessment and adjustment of training program as appropriate
• Safe efficient return to activity with optimal sport performance

Sports Therapy is offered at the following Swedish Rehabilitation Services locations:
Ballard: 206-781-6346
Cherry Hill: 206-320-2404
First Hill: 206-386-2035
Pediatric Therapy Services: 206-386-3592
West Seattle Rehabilitation Services: 206-320-5510
Maps are located on the reverse side.
Locations

Swedish Medical Center/Cherry Hill
Outpatient Rehabilitation Services
500 17th Ave., James Tower, Suite 100
Seattle, WA 98122
T 206-320-2404

Swedish Medical Center/First Hill
Outpatient Rehabilitation Services
1101 Madison, Suite 200
Seattle, WA 98104
T 206-386-2035

West Seattle Rehabilitation Services
3400 California Ave. S.W., Suite 100
Seattle, WA 98116
T 206-320-5510

For a free physician referral:
1-800-SWEDISH (1-800-793-3474)
www.swedish.org