

# tallahassee orthopedic & sports physical therapy

**tallahassee orthopedic & sports physical therapy** is a specialized area of healthcare focused on diagnosing, treating, and preventing musculoskeletal injuries and conditions, particularly those related to sports and physical activity. This field combines orthopedic expertise with rehabilitative techniques to help patients recover strength, mobility, and function after injury or surgery. Tallahassee, a city known for its active community and sports culture, offers comprehensive orthopedic and sports physical therapy services designed to address a wide range of conditions affecting athletes and non-athletes alike. This article explores the key aspects of tallahassee orthopedic & sports physical therapy, including common treatments, benefits, and what to expect during therapy. Readers will gain insights into how specialized physical therapy can enhance recovery, prevent re-injury, and improve overall physical performance. The discussion further covers the qualifications of therapists, advanced techniques used, and tips for choosing the right clinic in Tallahassee. Below is an overview of the main topics covered in this article.

- Understanding Tallahassee Orthopedic & Sports Physical Therapy
- Common Conditions Treated
- Therapeutic Techniques and Modalities
- Benefits of Orthopedic and Sports Physical Therapy
- Choosing the Right Clinic in Tallahassee

## Understanding Tallahassee Orthopedic & Sports Physical Therapy

Tallahassee orthopedic & sports physical therapy focuses on the rehabilitation of injuries related to bones, joints, muscles, ligaments, and tendons. This specialized therapy is tailored to meet the unique needs of individuals recovering from orthopedic surgeries, sports injuries, or chronic musculoskeletal conditions. The therapy aims to restore optimal physical function through a combination of manual therapy, exercise, and patient education. Professionals in this field work closely with orthopedic surgeons, sports medicine physicians, and other healthcare providers to develop personalized treatment plans that promote healing and enhance physical performance.

## Scope of Practice

Orthopedic and sports physical therapists in Tallahassee assess and treat a wide range of conditions including fractures, ligament sprains, tendonitis, muscle strains, and post-

surgical rehabilitation. They also focus on injury prevention strategies for athletes and active individuals to reduce the risk of future injuries. The scope includes:

- Post-operative rehabilitation following joint replacement or arthroscopic surgeries
- Management of acute sports injuries such as ACL tears or rotator cuff injuries
- Treatment of chronic conditions like arthritis and tendinopathies
- Functional training to improve balance, coordination, and strength

## **Role of the Physical Therapist**

Physical therapists in this specialty are trained to perform detailed musculoskeletal evaluations to identify the root causes of pain and dysfunction. They utilize evidence-based practices to create individualized treatment protocols that may include manual therapy, therapeutic exercises, and functional movement training. Additionally, these therapists educate patients on body mechanics, ergonomics, and activity modifications to facilitate long-term recovery and performance enhancement.

## **Common Conditions Treated**

Tallahassee orthopedic & sports physical therapy addresses a diverse array of musculoskeletal injuries and disorders. These conditions often arise from sports participation, accidents, or degenerative changes due to aging or overuse. Understanding the common ailments treated helps patients recognize the value of specialized physical therapy in their recovery journey.

## **Sports Injuries**

Sports injuries are among the primary reasons patients seek orthopedic and sports physical therapy. Typical injuries include:

- Anterior Cruciate Ligament (ACL) tears
- Meniscus injuries
- Rotator cuff tears and impingement
- Achilles tendonitis and ruptures
- Shin splints and stress fractures
- Muscle strains and ligament sprains

Therapy for these injuries focuses on reducing pain and inflammation, restoring range of motion, and strengthening the affected areas to prevent recurrence.

## **Orthopedic Conditions**

Beyond sports injuries, orthopedic physical therapy in Tallahassee also treats chronic and degenerative musculoskeletal conditions such as:

- Osteoarthritis and rheumatoid arthritis
- Carpal tunnel syndrome
- Plantar fasciitis
- Post-fracture rehabilitation
- Spinal conditions including herniated discs and sciatica

These treatments aim to alleviate symptoms, improve joint function, and enhance overall mobility.

## **Therapeutic Techniques and Modalities**

The effectiveness of tallahassee orthopedic & sports physical therapy relies on a variety of evidence-based techniques and therapeutic modalities. These interventions are customized based on the patient's diagnosis, severity of injury, and recovery goals.

### **Manual Therapy**

Manual therapy includes hands-on techniques such as joint mobilizations, soft tissue massage, and myofascial release. These methods help to reduce pain, improve joint mobility, and promote tissue healing. Skilled therapists use manual therapy to address joint stiffness and muscle tightness that often accompany orthopedic injuries.

### **Therapeutic Exercises**

Exercise programs are a cornerstone of orthopedic and sports physical therapy. These exercises are designed to restore strength, flexibility, endurance, and proprioception. Key exercise types include:

1. Range of motion exercises to prevent stiffness
2. Strengthening exercises targeting specific muscle groups

3. Balance and coordination drills to enhance neuromuscular control
4. Functional training simulating sport-specific or daily activities

## **Modalities and Technology**

Additional treatment modalities may be incorporated to accelerate healing and manage symptoms. Commonly used modalities include:

- Ultrasound therapy to promote tissue repair
- Electrical stimulation for pain relief and muscle activation
- Cold and heat therapy to control inflammation and improve circulation
- Kinesiology taping to support injured tissues

## **Benefits of Orthopedic and Sports Physical Therapy**

Engaging in tallahassee orthopedic & sports physical therapy offers numerous advantages for individuals recovering from injury or managing chronic musculoskeletal conditions. The benefits extend beyond pain relief to encompass enhanced physical function and overall quality of life.

### **Improved Recovery Outcomes**

Physical therapy accelerates the healing process by promoting proper tissue repair and restoring joint mechanics. Patients often experience reduced recovery times when therapy is initiated promptly and tailored to their specific needs.

### **Pain Management Without Medication**

Orthopedic and sports physical therapy offers a drug-free approach to managing pain. Techniques such as manual therapy, therapeutic exercises, and modalities effectively reduce discomfort and inflammation, minimizing reliance on pain medications.

### **Prevention of Future Injuries**

Therapists educate patients on injury prevention strategies including proper warm-up routines, ergonomic adjustments, and strengthening exercises. This proactive approach

helps athletes and active individuals maintain optimal physical health and reduce the risk of recurrent injuries.

## **Enhanced Athletic Performance**

For athletes, targeted physical therapy improves strength, flexibility, balance, and coordination, contributing to better performance on the field or court. Customized programs address sport-specific demands and correct biomechanical imbalances.

## **Choosing the Right Clinic in Tallahassee**

Selecting a reputable clinic for orthopedic and sports physical therapy in Tallahassee is critical for achieving successful outcomes. Patients should consider several factors to ensure they receive high-quality care tailored to their unique needs.

### **Qualifications and Experience**

Clinics staffed by licensed physical therapists with specialized training in orthopedics and sports medicine provide the highest standard of care. Experience treating similar injuries and conditions is an important consideration.

### **Range of Services**

A comprehensive clinic offers a broad spectrum of services including evaluation, manual therapy, exercise programs, and advanced modalities. Access to multidisciplinary care such as orthopedic consultation and imaging services can enhance treatment coordination.

### **Patient-Centered Approach**

Effective clinics emphasize personalized treatment plans, clear communication, and patient education. A collaborative approach ensures that therapy aligns with individual goals and lifestyle demands.

### **Convenience and Accessibility**

Location, appointment availability, and insurance acceptance are practical factors that influence the choice of clinic. Convenient access facilitates consistent attendance, which is crucial for optimal recovery.

# Frequently Asked Questions

## What services does Tallahassee Orthopedic & Sports Physical Therapy offer?

Tallahassee Orthopedic & Sports Physical Therapy offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and personalized physical therapy programs to help patients recover and improve mobility.

## Do I need a referral to receive treatment at Tallahassee Orthopedic & Sports Physical Therapy?

In most cases, Tallahassee Orthopedic & Sports Physical Therapy does not require a physician referral for evaluation and treatment, but it is advisable to check with your insurance provider for specific coverage details.

## How can Tallahassee Orthopedic & Sports Physical Therapy help with sports-related injuries?

They provide specialized treatment plans tailored to sports injuries, focusing on reducing pain, restoring function, improving strength and flexibility, and preventing future injuries to help athletes return to their sport safely and effectively.

## What makes Tallahassee Orthopedic & Sports Physical Therapy unique compared to other clinics?

The clinic is known for its personalized care, experienced therapists, use of advanced techniques and equipment, and a comprehensive approach that combines orthopedic expertise with sports-specific rehabilitation.

## How do I schedule an appointment at Tallahassee Orthopedic & Sports Physical Therapy?

You can schedule an appointment by calling their office directly, using their online booking system on their website, or through a referral from your healthcare provider.

## Additional Resources

### 1. *Healing Motion: Orthopedic Physical Therapy in Tallahassee*

This book explores the principles and practices of orthopedic physical therapy specifically tailored for patients in Tallahassee. It covers common musculoskeletal injuries, rehabilitation protocols, and advanced techniques used by local therapists. Readers will gain insight into how personalized treatment plans can restore mobility and reduce pain effectively.

## *2. Sports Injury Rehabilitation: A Tallahassee Perspective*

Focusing on sports-related injuries, this guide provides comprehensive strategies for recovery and prevention within the Tallahassee athletic community. It includes case studies from regional sports clinicians and practical advice for athletes at all levels. The book also highlights the role of physical therapy in enhancing athletic performance and minimizing downtime.

## *3. The Tallahassee Orthopedic Therapy Handbook*

Designed for both practitioners and patients, this handbook offers detailed information on orthopedic conditions prevalent in the Tallahassee area. It covers diagnostic approaches, treatment modalities, and patient education techniques. Emphasis is placed on integrating evidence-based practices with community-specific needs.

## *4. Functional Recovery After Injury: Tallahassee Sports PT Insights*

This title delves into the process of regaining function after sports injuries with a focus on Tallahassee's physical therapy methods. It discusses innovative rehabilitation exercises, patient motivation, and the importance of multidisciplinary care. The book serves as a valuable resource for therapists and athletes aiming for optimal recovery.

## *5. Advanced Techniques in Orthopedic Physical Therapy: Tallahassee Edition*

Highlighting cutting-edge treatment options available in Tallahassee, this book examines manual therapy, dry needling, and other modern interventions. It provides detailed protocols and evidence supporting their use in orthopedic and sports injury management. Clinicians will find practical guidance to enhance their therapeutic repertoire.

## *6. Preventing Sports Injuries in Tallahassee Athletes*

This resource focuses on injury prevention strategies tailored to the unique demands of Tallahassee's sports environment. It covers strength training, flexibility, biomechanics, and education aimed at reducing injury risk. Coaches, trainers, and physical therapists will benefit from its targeted recommendations.

## *7. Patient-Centered Care in Tallahassee Orthopedic Physical Therapy*

Emphasizing the importance of personalized care, this book discusses communication, goal-setting, and treatment customization in Tallahassee clinics. It highlights success stories and best practices that improve patient satisfaction and outcomes. Readers will learn how to foster collaborative therapist-patient relationships.

## *8. Rehabilitation Protocols for Common Orthopedic Injuries in Tallahassee*

This book provides step-by-step rehabilitation plans for injuries frequently seen in Tallahassee's population, such as ACL tears, rotator cuff injuries, and fractures. It integrates clinical guidelines with local healthcare resources to optimize recovery. Therapists and patients alike will find clear, actionable advice.

## *9. The Role of Physical Therapy in Tallahassee Sports Performance*

Examining the intersection of therapy and athletic enhancement, this title discusses how physical therapy supports peak performance in Tallahassee athletes. Topics include injury risk assessment, conditioning programs, and post-injury return-to-play criteria. The book serves as a bridge between rehabilitation and competitive sports excellence.

# **Tallahassee Orthopedic Sports Physical Therapy**

Find other PDF articles:

<https://test.murphyjewelers.com/archive-library-005/pdf?docid=cdf15-6859&title=1734-ib8s-user-manual.pdf>

**tallahassee orthopedic sports physical therapy: Political Skill at Work** Gerald R. Ferris, Pamela L. Perrewe, B. Parker Ellen III, Charn P. Mcallister, Darren C. Treadway, 2011-06-17 Why is political skill so important in business? In today's organizations, career success depends more on political skill-the ability to influence, motivate, and win support from others-than on almost any other characteristic. Political Skill at Work delivers the how to influence at work, not just the what. The authors of this innovative study explore how people high in political skill are more successful at getting hired, building a reputation, and establishing leadership. From the worlds of business, politics, education, and sports, they offer compelling examples of political skill in action. And, for the first time, they provide ways to measure and enhance this powerful ability. Anyone interested in personal or professional development will find this book worthwhile.

**tallahassee orthopedic sports physical therapy:** Business Florida , 2006

**tallahassee orthopedic sports physical therapy:** Florida Administrative Weekly , 1994

**tallahassee orthopedic sports physical therapy:** The Journal of Orthopaedic and Sports Physical Therapy , 1979

**tallahassee orthopedic sports physical therapy: The Athlete's Shoulder** James R. Andrews, Kevin E. Wilk, Michael M. Reinold, 2008-10-30 The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. - Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. - Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. - Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. - Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. - Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. - Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

**tallahassee orthopedic sports physical therapy: The Athlete's Shoulder** James Rheuben Andrews, Kevin E. Wilk, 1994 For clinicians, physicians, therapists, athletic trainers, and others involved in caring for shoulder patients, this comprehensive textbook addresses not only sports-related shoulder disorders but also those occurring in active orthopedic patients. The volume is organized into four basic sections. The first, on the basic science of the shoulder complex, discusses anatomy and biomechanics. This is followed by the examination section, which includes physical examination, imaging, and arthrography of the shoulder. The third section discusses the



recognition and treatment of various pathologies. The last section discusses specific topics in rehabilitation. Annotation copyright by Book News, Inc., Portland, OR

**tallahassee orthopedic sports physical therapy:** Physical Therapy , 1987-07

**tallahassee orthopedic sports physical therapy: Surgical Techniques in Sports Medicine** Neal S. Elattrache, 2007 Featuring more than 950 photographs and drawings—including 500 in full color—this text offers step-by-step instructions on techniques for performing common and complex sports medicine procedures in the upper and lower extremities. Noted experts who have developed or perfected these techniques guide the reader in stepwise detail through each procedure. Where appropriate, the book covers both open and arthroscopic techniques for each injury or problem. Coverage includes the most current and cutting-edge techniques as well as traditional tried and true procedures in operative sports medicine.

**tallahassee orthopedic sports physical therapy: Directory of Medical Rehabilitation Programs** , 1995

**tallahassee orthopedic sports physical therapy: Ligamentous Injuries of the Foot and Ankle** Pieter D'Hooghe, Kenneth J. Hunt, Jeremy J. McCormick, 2022-09-13 Aimed at sports medicine and foot and ankle clinicians globally who see and treat ligamentous injuries to the foot and ankle, the focus of this comprehensive text is on cutting-edge techniques in both non-surgical and surgical treatment, rehabilitation, and safe and expeditious return to sport. Techniques and technology move very rapidly in this space, and this book serves as a ready resource on current surgical and rehabilitation techniques for these conditions. Opening with a review of the relevant anatomy and biomechanics of the foot and ankle, as well as current imaging techniques, the text then turns to the diagnosis, management and rehabilitation of specific ligamentous injuries and conditions. Multiple management techniques are presented for lateral ankle sprains and instability, syndesmotic injuries, deltoid and spring ligament injuries, Lisfranc injuries, and plantar plate and sesamoid injuries. Generous clinical photographs and illustrations highlight current techniques and diagnostic algorithms, and selected chapter-associated video segments are included, demonstrating surgical and rehabilitation techniques and equipment. Written and edited by experts in the field who routinely manage these injuries using the most effective techniques, *Ligamentous Injuries of the Foot and Ankle* is a terrific resource for orthopedic and sports medicine clinicians and rehabilitation providers at all levels.

**tallahassee orthopedic sports physical therapy: HPER Dimensions** , 1995

**tallahassee orthopedic sports physical therapy:** *Graduate and Postdoctoral Support* , 1993

**tallahassee orthopedic sports physical therapy:** Mergent OTC Unlisted Manual , 2003

**tallahassee orthopedic sports physical therapy:** Directory of Physical Therapy Education Programs , 1995

**tallahassee orthopedic sports physical therapy:** The Illustrated Encyclopedia of Body-mind Disciplines Nancy Allison, 1999 Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies.

**tallahassee orthopedic sports physical therapy: Foot & Ankle International** , 2005

**tallahassee orthopedic sports physical therapy: Injuries to the Throwing Arm** Bertram Zarins, James Rheuben Andrews, William George Carson, 1985

**tallahassee orthopedic sports physical therapy:** *Fundamentals of Athletic Training 4th Edition* Cartwright, Lorin A., Peer, Kimberly, 2019 Fundamentals of Athletic Training, Fourth Edition, provides a clear understanding of the functions, skills, and activities that are involved in the work of certified athletic trainers. This book helps students evaluate the possibility of a career as a sports medicine professional.

**tallahassee orthopedic sports physical therapy: PT** , 1994-05

**tallahassee orthopedic sports physical therapy: The National Directory of Physician Organizations** Health Resources Publishing, 2000-02

## Related to tallahassee orthopedic sports physical therapy

**Tallahassee Orthopedic & Sports Physical Therapy** Whether it's walking to work, playing with your kids, or reaching your physical fitness goals, we know you want to live at your best. But knowing where to turn or who to trust to help you find a

**Locations | Tallahassee Orthopedic & Sports Physical Therapy** Tallahassee - Capital Circle NE 1891 Capital Circle NE #2 Tallahassee, FL 32308 get directions Phone: (850) 877-8855 Fax: (850) 877-7627 Location Info

**Capital Circle NE - Tallahassee Orthopedic & Sports Physical Therapy** At this clinic, we offer specialized treatments including, but not limited to, Dry Needling, Sports Certification, Vestibular Rehabilitation, Concussion Therapy, and Parkinson's Therapy

**Collegiate Village - Tallahassee Orthopedic & Sports Physical** Our talented team of physical therapists at TOSPT in the Collegiate Village area of Tallahassee is committed to finding the cause of whatever is holding you back from pain-free mobility

**Our Team - Tallahassee Orthopedic & Sports Physical Therapy** Our team is with you every step of the way, helping you to reach your physical goals with the most effective mode of therapy for your unique needs. If pain or physical limitations are holding you

**Contact Us - Tallahassee Orthopedic & Sports Physical Therapy** Got a question for us? Fill out the form below and someone will contact you within one business day regarding your request. If you'd like []

**Crawfordville - Tallahassee Orthopedic & Sports Physical Therapy** For those who have experienced a traumatic injury, undergone recent surgery, or simply want to improve their overall health, Tallahassee Orthopedic & Sports PT is equipped to offer relief

**Services & Treatments - Tallahassee Orthopedic & Sports Physical** At TOSPT, our Sports Physical Therapy team emphasizes the prevention, identification, assessment, minimization, and correction of pain and disability associated with athletic injuries.

**Orthopedics | Tallahassee Orthopedic & Sports Physical Therapy** Our experienced therapists work in close coordination with orthopedic physicians to support a safe and effective post-surgical recovery. Treatment may include a combination of stretching,

**About Us - Tallahassee Orthopedic & Sports Physical Therapy** Improved Physical Performance: Whether you're trying to get back to simple daily activities that have been impeded by a pain or restriction, or are working to improve your physical

**Tallahassee Orthopedic & Sports Physical Therapy** Whether it's walking to work, playing with your kids, or reaching your physical fitness goals, we know you want to live at your best. But knowing where to turn or who to trust to help you find a

**Locations | Tallahassee Orthopedic & Sports Physical Therapy** Tallahassee - Capital Circle NE 1891 Capital Circle NE #2 Tallahassee, FL 32308 get directions Phone: (850) 877-8855 Fax: (850) 877-7627 Location Info

**Capital Circle NE - Tallahassee Orthopedic & Sports Physical Therapy** At this clinic, we offer specialized treatments including, but not limited to, Dry Needling, Sports Certification, Vestibular Rehabilitation, Concussion Therapy, and Parkinson's Therapy

**Collegiate Village - Tallahassee Orthopedic & Sports Physical** Our talented team of physical therapists at TOSPT in the Collegiate Village area of Tallahassee is committed to finding the cause of whatever is holding you back from pain-free mobility

**Our Team - Tallahassee Orthopedic & Sports Physical Therapy** Our team is with you every step of the way, helping you to reach your physical goals with the most effective mode of therapy for your unique needs. If pain or physical limitations are holding you

**Contact Us - Tallahassee Orthopedic & Sports Physical Therapy** Got a question for us? Fill out the form below and someone will contact you within one business day regarding your request. If you'd like []

**Crawfordville - Tallahassee Orthopedic & Sports Physical Therapy** For those who have

experienced a traumatic injury, undergone recent surgery, or simply want to improve their overall health, Tallahassee Orthopedic & Sports PT is equipped to offer relief

**Services & Treatments - Tallahassee Orthopedic & Sports Physical** At TOSPT, our Sports Physical Therapy team emphasizes the prevention, identification, assessment, minimization, and correction of pain and disability associated with athletic

**Orthopedics | Tallahassee Orthopedic & Sports Physical Therapy** Our experienced therapists work in close coordination with orthopedic physicians to support a safe and effective post-surgical recovery. Treatment may include a combination of stretching,

**About Us - Tallahassee Orthopedic & Sports Physical Therapy** Improved Physical Performance: Whether you're trying to get back to simple daily activities that have been impeded by a pain or restriction, or are working to improve your physical

**Tallahassee Orthopedic & Sports Physical Therapy** Whether it's walking to work, playing with your kids, or reaching your physical fitness goals, we know you want to live at your best. But knowing where to turn or who to trust to help you find a

**Locations | Tallahassee Orthopedic & Sports Physical Therapy** Tallahassee - Capital Circle NE 1891 Capital Circle NE #2 Tallahassee, FL 32308 get directions Phone: (850) 877-8855 Fax: (850) 877-7627 Location Info

**Capital Circle NE - Tallahassee Orthopedic & Sports Physical Therapy** At this clinic, we offer specialized treatments including, but not limited to, Dry Needling, Sports Certification, Vestibular Rehabilitation, Concussion Therapy, and Parkinson's Therapy

**Collegiate Village - Tallahassee Orthopedic & Sports Physical** Our talented team of physical therapists at TOSPT in the Collegiate Village area of Tallahassee is committed to finding the cause of whatever is holding you back from pain-free mobility

**Our Team - Tallahassee Orthopedic & Sports Physical Therapy** Our team is with you every step of the way, helping you to reach your physical goals with the most effective mode of therapy for your unique needs. If pain or physical limitations are holding you

**Contact Us - Tallahassee Orthopedic & Sports Physical Therapy** Got a question for us? Fill out the form below and someone will contact you within one business day regarding your request. If you'd like []

**Crawfordville - Tallahassee Orthopedic & Sports Physical Therapy** For those who have experienced a traumatic injury, undergone recent surgery, or simply want to improve their overall health, Tallahassee Orthopedic & Sports PT is equipped to offer relief

**Services & Treatments - Tallahassee Orthopedic & Sports Physical** At TOSPT, our Sports Physical Therapy team emphasizes the prevention, identification, assessment, minimization, and correction of pain and disability associated with athletic

**Orthopedics | Tallahassee Orthopedic & Sports Physical Therapy** Our experienced therapists work in close coordination with orthopedic physicians to support a safe and effective post-surgical recovery. Treatment may include a combination of stretching,

**About Us - Tallahassee Orthopedic & Sports Physical Therapy** Improved Physical Performance: Whether you're trying to get back to simple daily activities that have been impeded by a pain or restriction, or are working to improve your physical

**Tallahassee Orthopedic & Sports Physical Therapy** Whether it's walking to work, playing with your kids, or reaching your physical fitness goals, we know you want to live at your best. But knowing where to turn or who to trust to help you find a

**Locations | Tallahassee Orthopedic & Sports Physical Therapy** Tallahassee - Capital Circle NE 1891 Capital Circle NE #2 Tallahassee, FL 32308 get directions Phone: (850) 877-8855 Fax: (850) 877-7627 Location Info

**Capital Circle NE - Tallahassee Orthopedic & Sports Physical Therapy** At this clinic, we offer specialized treatments including, but not limited to, Dry Needling, Sports Certification, Vestibular Rehabilitation, Concussion Therapy, and Parkinson's Therapy

**Collegiate Village - Tallahassee Orthopedic & Sports Physical** Our talented team of physical

therapists at TOSPT in the Collegiate Village area of Tallahassee is committed to finding the cause of whatever is holding you back from pain-free mobility

**Our Team - Tallahassee Orthopedic & Sports Physical Therapy** Our team is with you every step of the way, helping you to reach your physical goals with the most effective mode of therapy for your unique needs. If pain or physical limitations are holding you

**Contact Us - Tallahassee Orthopedic & Sports Physical Therapy** Got a question for us? Fill out the form below and someone will contact you within one business day regarding your request. If you'd like []

**Crawfordville - Tallahassee Orthopedic & Sports Physical Therapy** For those who have experienced a traumatic injury, undergone recent surgery, or simply want to improve their overall health, Tallahassee Orthopedic & Sports PT is equipped to offer relief

**Services & Treatments - Tallahassee Orthopedic & Sports Physical** At TOSPT, our Sports Physical Therapy team emphasizes the prevention, identification, assessment, minimization, and correction of pain and disability associated with athletic injuries.

**Orthopedics | Tallahassee Orthopedic & Sports Physical Therapy** Our experienced therapists work in close coordination with orthopedic physicians to support a safe and effective post-surgical recovery. Treatment may include a combination of stretching,

**About Us - Tallahassee Orthopedic & Sports Physical Therapy** Improved Physical Performance: Whether you're trying to get back to simple daily activities that have been impeded by a pain or restriction, or are working to improve your physical

**Tallahassee Orthopedic & Sports Physical Therapy** Whether it's walking to work, playing with your kids, or reaching your physical fitness goals, we know you want to live at your best. But knowing where to turn or who to trust to help you find a

**Locations | Tallahassee Orthopedic & Sports Physical Therapy** Tallahassee - Capital Circle NE 1891 Capital Circle NE #2 Tallahassee, FL 32308 get directions Phone: (850) 877-8855 Fax: (850) 877-7627 Location Info

**Capital Circle NE - Tallahassee Orthopedic & Sports Physical Therapy** At this clinic, we offer specialized treatments including, but not limited to, Dry Needling, Sports Certification, Vestibular Rehabilitation, Concussion Therapy, and Parkinson's Therapy

**Collegiate Village - Tallahassee Orthopedic & Sports Physical** Our talented team of physical therapists at TOSPT in the Collegiate Village area of Tallahassee is committed to finding the cause of whatever is holding you back from pain-free mobility

**Our Team - Tallahassee Orthopedic & Sports Physical Therapy** Our team is with you every step of the way, helping you to reach your physical goals with the most effective mode of therapy for your unique needs. If pain or physical limitations are holding you

**Contact Us - Tallahassee Orthopedic & Sports Physical Therapy** Got a question for us? Fill out the form below and someone will contact you within one business day regarding your request. If you'd like []

**Crawfordville - Tallahassee Orthopedic & Sports Physical Therapy** For those who have experienced a traumatic injury, undergone recent surgery, or simply want to improve their overall health, Tallahassee Orthopedic & Sports PT is equipped to offer relief

**Services & Treatments - Tallahassee Orthopedic & Sports Physical** At TOSPT, our Sports Physical Therapy team emphasizes the prevention, identification, assessment, minimization, and correction of pain and disability associated with athletic injuries.

**Orthopedics | Tallahassee Orthopedic & Sports Physical Therapy** Our experienced therapists work in close coordination with orthopedic physicians to support a safe and effective post-surgical recovery. Treatment may include a combination of stretching,

**About Us - Tallahassee Orthopedic & Sports Physical Therapy** Improved Physical Performance: Whether you're trying to get back to simple daily activities that have been impeded by a pain or restriction, or are working to improve your physical

**Tallahassee Orthopedic & Sports Physical Therapy** Whether it's walking to work, playing with

your kids, or reaching your physical fitness goals, we know you want to live at your best. But knowing where to turn or who to trust to help you find a

**Locations | Tallahassee Orthopedic & Sports Physical Therapy** Tallahassee - Capital Circle NE 1891 Capital Circle NE #2 Tallahassee, FL 32308 get directions Phone: (850) 877-8855 Fax: (850) 877-7627 Location Info

**Capital Circle NE - Tallahassee Orthopedic & Sports Physical Therapy** At this clinic, we offer specialized treatments including, but not limited to, Dry Needling, Sports Certification, Vestibular Rehabilitation, Concussion Therapy, and Parkinson's Therapy

**Collegiate Village - Tallahassee Orthopedic & Sports Physical** Our talented team of physical therapists at TOSPT in the Collegiate Village area of Tallahassee is committed to finding the cause of whatever is holding you back from pain-free mobility

**Our Team - Tallahassee Orthopedic & Sports Physical Therapy** Our team is with you every step of the way, helping you to reach your physical goals with the most effective mode of therapy for your unique needs. If pain or physical limitations are holding you

**Contact Us - Tallahassee Orthopedic & Sports Physical Therapy** Got a question for us? Fill out the form below and someone will contact you within one business day regarding your request. If you'd like []

**Crawfordville - Tallahassee Orthopedic & Sports Physical Therapy** For those who have experienced a traumatic injury, undergone recent surgery, or simply want to improve their overall health, Tallahassee Orthopedic & Sports PT is equipped to offer relief

**Services & Treatments - Tallahassee Orthopedic & Sports Physical** At TOSPT, our Sports Physical Therapy team emphasizes the prevention, identification, assessment, minimization, and correction of pain and disability associated with athletic

**Orthopedics | Tallahassee Orthopedic & Sports Physical Therapy** Our experienced therapists work in close coordination with orthopedic physicians to support a safe and effective post-surgical recovery. Treatment may include a combination of stretching,

**About Us - Tallahassee Orthopedic & Sports Physical Therapy** Improved Physical Performance: Whether you're trying to get back to simple daily activities that have been impeded by a pain or restriction, or are working to improve your physical

## **Related to tallahassee orthopedic sports physical therapy**

**Tallahassee Orthopedic Clinic founding member Dr. Doug Henderson dies** (Tallahassee Democrat6mon) Dr. Doug Henderson, a founding member of Tallahassee Orthopedic Clinic and former team physician for Florida State athletics, passed away. He co-founded TOC in 1974 with Dr. Tom Haney, aiming to

**Tallahassee Orthopedic Clinic founding member Dr. Doug Henderson dies** (Tallahassee Democrat6mon) Dr. Doug Henderson, a founding member of Tallahassee Orthopedic Clinic and former team physician for Florida State athletics, passed away. He co-founded TOC in 1974 with Dr. Tom Haney, aiming to

Back to Home: <https://test.murphyjewelers.com>