



ATHLETIC PERFORMANCE

REMOVE THE WORRY, IMPROVE THE PERFORMANCE

RUN *FASTER*

JUMP **HIGHER**

INCREASE
ENDURANCE

VALIR PHYSICAL THERAPY IS YOUR BODY'S MECHANIC

Have you ever been nervous to participate in an activity over the weekend such as a 5K fun run? Have you ever been very anxious about a loved one participating in organized sports such as basketball, football, or cheerleading? Maybe you want to improve some of your own performance; run faster, jump higher, or shoot a lower score on the golf course.

A Valir physical therapist can help you achieve your athletic goals, as well as calm some of those anxious thoughts you have about your loved ones. Think about your physical therapist as a mechanic for your body much like a mechanic for your car. A mechanic will run through a screen and makes sure your car is operating at its fullest potential. The mechanic may even give you some tips on how to improve performance. A Valir physical therapist can ensure that your body is moving at its fullest potential. They can locate any red flags that may be limiting you in your activity participation. A Valir physical therapist can also help improve your performance. The various tests and screens allow your physical therapist to teach you proper movement, lifting techniques, and to medically guide you through a certain set of activities or exercises that are specific to your goal or sport.

Whether you are an adolescent athlete, a middle aged runner, or a retiree on the golf course, Valir physical therapists understand each activity has a different level of stress being put on your body. They can not only help you recover from an injury, but can also help prevent an injury and improve your performance no matter the activity.



So Much More Than Therapy!

405.609.3600

valir.com/physicaltherapy

18 clinics state wide