

# fort collins physical therapy and sports center

**fort collins physical therapy and sports center** is a premier facility dedicated to providing expert rehabilitation and sports medicine services in the Fort Collins area. This center specializes in delivering personalized physical therapy programs designed to meet the unique needs of athletes, active individuals, and patients recovering from injuries or surgeries. Utilizing advanced therapeutic techniques and state-of-the-art equipment, the Fort Collins physical therapy and sports center aims to enhance mobility, reduce pain, and improve overall physical function. The center's team of licensed therapists and sports medicine professionals collaborate closely with patients to develop customized treatment plans that promote optimal recovery and peak performance. Whether recovering from a sports injury, managing a chronic condition, or seeking preventative care, this facility offers comprehensive services to support long-term health and wellness. The following article explores the key features, treatment options, and benefits of choosing the Fort Collins physical therapy and sports center for physical rehabilitation and athletic care.

- Overview of Fort Collins Physical Therapy and Sports Center
- Services Offered
- Sports Injury Rehabilitation
- Advanced Treatment Techniques
- Benefits of Physical Therapy at Fort Collins
- Patient Experience and Support

## Overview of Fort Collins Physical Therapy and Sports Center

The Fort Collins physical therapy and sports center is a specialized clinic focused on providing high-quality care for individuals seeking physical rehabilitation and sports medicine services. Located in the heart of Fort Collins, the center caters to a diverse patient population, including athletes, seniors, and those recovering from orthopedic surgeries or injuries. The facility is equipped with modern therapy tools and staffed by experienced physical therapists, athletic trainers, and healthcare professionals dedicated to improving patients' physical health. The center

emphasizes a patient-centered approach, ensuring that each treatment plan is tailored to the individual's goals, lifestyle, and medical history. This commitment to personalized care has established the Fort Collins physical therapy and sports center as a trusted destination for effective rehabilitation and wellness maintenance.

## **Mission and Vision**

The mission of the Fort Collins physical therapy and sports center is to provide exceptional rehabilitative care that empowers patients to regain strength, mobility, and function. The center envisions becoming the leading provider of physical therapy and sports rehabilitation services in the region, promoting active, healthy lifestyles for all clients.

## **Experienced Team of Specialists**

The center employs a multidisciplinary team of licensed physical therapists, certified athletic trainers, and rehabilitation specialists. Their expertise spans orthopedic rehabilitation, manual therapy, post-surgical recovery, and sports performance training, ensuring comprehensive care for every patient.

## **Services Offered**

The Fort Collins physical therapy and sports center offers a wide range of services designed to address various musculoskeletal conditions, sports injuries, and chronic pain disorders. The center's comprehensive service offerings enable it to provide holistic care to patients of all ages and activity levels.

## **Physical Therapy**

Physical therapy at the center focuses on restoring movement and function through therapeutic exercises, manual therapy, and patient education. Customized treatment plans aim to alleviate pain, improve flexibility, and strengthen muscles to prevent further injury.

## **Sports Medicine and Injury Prevention**

The sports medicine services include injury evaluation, rehabilitation, and performance enhancement for athletes. Preventative strategies, such as conditioning programs and biomechanical assessments, are also provided to reduce injury risk.

## **Post-Surgical Rehabilitation**

Patients recovering from orthopedic surgeries benefit from tailored rehabilitation protocols that promote healing, restore joint mobility, and rebuild strength. Close monitoring ensures safe progression through recovery phases.

## **Manual Therapy and Modalities**

Manual therapy techniques, including joint mobilization and soft tissue manipulation, are utilized to reduce pain and improve tissue function. Additional modalities such as ultrasound, electrical stimulation, and cold laser therapy support the healing process.

## **Sports Injury Rehabilitation**

Specialized sports injury rehabilitation is a cornerstone service of the Fort Collins physical therapy and sports center. The center addresses common athletic injuries with evidence-based protocols to facilitate quick and effective recovery.

## **Common Sports Injuries Treated**

The center treats a variety of sports-related injuries, including:

- Sprains and strains
- Tendonitis and bursitis
- ACL and other ligament tears
- Fractures and dislocations
- Muscle tears and contusions
- Overuse injuries such as stress fractures

## **Rehabilitation Process**

The rehabilitation process is structured in phases, beginning with pain management and inflammation control, followed by the restoration of range of motion, strengthening, and finally, functional training to return to sport-specific activities. The center utilizes functional movement assessments to tailor exercises and track progress.

## **Advanced Treatment Techniques**

The Fort Collins physical therapy and sports center integrates innovative treatment techniques to enhance patient outcomes and accelerate recovery timelines.

### **Dry Needling and Trigger Point Therapy**

Dry needling is used to target muscle trigger points, reduce pain, and improve muscle function. This technique complements manual therapy and exercise interventions.

### **Biomechanical Analysis and Gait Assessment**

Advanced biomechanical assessments help identify abnormal movement patterns that contribute to injury. Gait analysis is particularly useful for runners and athletes, enabling precise correction through customized therapy plans.

### **Neuromuscular Re-education**

Neuromuscular re-education techniques retrain muscles and nerves to work efficiently after injury, improving coordination, balance, and stability, which are critical for athletic performance and injury prevention.

### **Functional Movement Screening**

Functional movement screening evaluates the quality of movement patterns to detect weaknesses or imbalances. This screening guides targeted interventions to optimize performance and reduce injury risk.

## **Benefits of Physical Therapy at Fort Collins**

Choosing the Fort Collins physical therapy and sports center offers numerous advantages for patients seeking rehabilitation and sports medicine services.

### **Personalized Care and Goal-Oriented Treatment**

The center's individualized approach ensures each patient's therapy plan aligns with their specific rehabilitation goals, lifestyle, and physical demands, resulting in better adherence and outcomes.

## **Improved Recovery Times**

Evidence-based protocols and advanced treatment options contribute to faster healing and return to daily activities or athletic participation, minimizing downtime.

## **Comprehensive Support Services**

Beyond therapy sessions, patients receive education on injury prevention, home exercise programs, and nutritional guidance to support overall health and recovery.

## **Access to Multidisciplinary Expertise**

The collaborative approach involving physical therapists, athletic trainers, and medical professionals ensures holistic care that addresses all aspects of a patient's condition.

## **Patient Experience and Support**

The Fort Collins physical therapy and sports center prioritizes patient comfort, education, and ongoing support throughout the rehabilitation journey.

## **Initial Evaluation and Assessment**

New patients undergo a thorough evaluation that includes medical history review, physical examination, and functional assessments. This comprehensive assessment forms the basis for the customized treatment plan.

## **Patient Education and Communication**

Educating patients about their condition, treatment options, and self-management techniques is a key component of care. Open communication channels ensure patients remain informed and engaged.

## **Follow-Up and Progress Monitoring**

Regular progress evaluations allow therapists to adjust treatment plans as needed and celebrate milestones, fostering motivation and adherence to therapy.

## **Supportive Environment**

The center maintains a welcoming and professional environment designed to promote healing, encourage active participation, and ensure patient satisfaction throughout their care experience.

## **Frequently Asked Questions**

### **What services does Fort Collins Physical Therapy and Sports Center offer?**

Fort Collins Physical Therapy and Sports Center offers a variety of services including physical therapy, sports rehabilitation, injury prevention, manual therapy, and personalized exercise programs.

### **Does Fort Collins Physical Therapy and Sports Center accept insurance?**

Yes, Fort Collins Physical Therapy and Sports Center accepts most major insurance plans. It is recommended to contact them directly to verify coverage for your specific plan.

### **How can I schedule an appointment at Fort Collins Physical Therapy and Sports Center?**

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

### **Are the therapists at Fort Collins Physical Therapy and Sports Center specialized in sports injuries?**

Yes, the therapists at Fort Collins Physical Therapy and Sports Center are trained and experienced in treating sports-related injuries and helping athletes recover and improve performance.

### **What are the operating hours of Fort Collins Physical Therapy and Sports Center?**

The typical operating hours are Monday through Friday from 7:00 AM to 6:00 PM, but it is best to check their website or call for the most current hours.

### **Does Fort Collins Physical Therapy and Sports Center**

## offer telehealth or virtual therapy sessions?

Yes, Fort Collins Physical Therapy and Sports Center offers telehealth services for certain conditions, allowing patients to receive therapy remotely when appropriate.

## What makes Fort Collins Physical Therapy and Sports Center stand out from other clinics?

Fort Collins Physical Therapy and Sports Center stands out due to its personalized treatment plans, experienced staff, focus on sports performance, patient-centered care, and use of advanced therapy techniques and equipment.

## Additional Resources

### 1. *Healing Motion: The Fort Collins Physical Therapy Approach*

This book explores the innovative physical therapy techniques practiced at Fort Collins Physical Therapy and Sports Center. It delves into patient success stories, rehabilitation protocols, and the science behind effective recovery. Readers will gain insight into how tailored therapy plans can restore mobility and improve quality of life.

### 2. *Sports Injury Recovery: Insights from Fort Collins Experts*

Focused on athletes and active individuals, this book offers a comprehensive guide to sports injury prevention and recovery. Drawing from the expertise of Fort Collins Sports Center therapists, it covers common injuries, treatment methods, and exercises to enhance performance and reduce downtime.

### 3. *Strength and Stability: Training at Fort Collins Sports Center*

This title emphasizes strength training and stability exercises vital for injury prevention and athletic performance. It includes detailed workout routines designed by Fort Collins Sports Center professionals, along with tips on maintaining proper form and avoiding common pitfalls.

### 4. *The Athlete's Guide to Physical Therapy in Fort Collins*

A practical manual for athletes seeking physical therapy in Fort Collins, this book explains evaluation processes, therapy options, and rehabilitation milestones. It highlights how personalized care at local centers accelerates healing and supports long-term health.

### 5. *Beyond Recovery: Wellness and Fitness at Fort Collins Sports Center*

This book expands the conversation beyond injury recovery to encompass overall wellness and fitness. It discusses nutrition, mental health, and lifestyle habits promoted by Fort Collins Sports Center to support holistic athletic development and personal well-being.

### 6. *Manual Therapy Techniques from Fort Collins Practitioners*

Detailing hands-on therapy methods used by Fort Collins physical therapists, this book covers massage, mobilization, and manipulation techniques. It

explains how these approaches alleviate pain, improve range of motion, and complement exercise-based rehabilitation.

#### *7. Rehabilitation Science: Fort Collins Physical Therapy Innovations*

Focusing on the latest scientific advancements, this title showcases research and technology employed at Fort Collins Physical Therapy and Sports Center. It highlights new modalities, diagnostic tools, and evidence-based treatments shaping the future of physical therapy.

#### *8. Functional Movement Training at Fort Collins Sports Center*

This book introduces readers to functional movement training principles practiced at Fort Collins Sports Center. It describes exercises that mimic real-life activities, enhancing coordination, balance, and strength to prevent injuries and improve athletic performance.

#### *9. Patient Stories: Triumphs at Fort Collins Physical Therapy*

A collection of inspiring patient narratives from Fort Collins Physical Therapy and Sports Center, this book illustrates challenges overcome through determination and expert care. It offers motivational insights and practical advice for anyone facing physical rehabilitation.

## **Fort Collins Physical Therapy And Sports Center**

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**fort collins physical therapy and sports center: Manual Therapy for Musculoskeletal Pain Syndromes** Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-04-28 A pioneering, one-stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real-life screening, diagnosis and management of patients with musculoskeletal pain across the whole body. Led by an experienced editorial team, the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence. The textbook is divided into eleven sections, covering the top evidence-informed techniques in massage, trigger points, neural muscle energy, manipulations, dry needling, myofascial release, therapeutic exercise and psychological approaches. In the General Introduction, several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain. In Chapter 5, the basic principles of the physical examination are covered, while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education. For the remaining sections, the textbook alternates between the upper and lower quadrants. Sections 2 and 3 provide state-of-the-art updates on mechanical neck pain, whiplash, thoracic outlet syndrome, myelopathy, radiculopathy, peri-partum pelvic pain, joint mobilizations and manipulations and therapeutic exercises, among others. Sections 4 to 9 review pertinent and updated aspects of the shoulder, hip, elbow, knee, the wrist and hand, and finally the ankle and foot. The last two sections of the book are devoted to muscle referred pain

and neurodynamics. - The only one-stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data - Over 800 illustrations demonstrating examination procedures and techniques - Led by an expert editorial team and contributed by internationally-renowned researchers, educators and clinicians - Covers epidemiology and history-taking - Highly practical with a constant clinical emphasis

**fort collins physical therapy and sports center: Canine Rehabilitation and Physical Therapy** Darryl Millis, David Levine, 2013-11-01 Bridging the gap between human physical therapy and veterinary medicine, *Canine Rehabilitation and Physical Therapy*, 2nd Edition provides vets, veterinary students, and human physical therapists with traditional and alternative physical therapy methods to effectively evaluate and treat dogs with various debilitating conditions. Coverage includes treatment protocols for many types of cutaneous, neurologic, and musculoskeletal injuries to facilitate a faster and more complete recovery. Overall, this book is an extensive text for anyone interested in pursuing canine rehabilitation and physical therapy Reviewed by: Helen Davies, University of Melbourne on behalf of Australian Veterinary Journal, March 2015 - Invaluable protocols for conservative and postoperative treatment ensure the successful healing of dogs and their return to full mobility. - Printable medical record forms on the companion website, including client information worksheets, referral forms, orthopedic evaluation forms, and more, can be customized for your veterinary practice. - Six completely updated chapters on exercising dogs define the basic principles of aquatic and land-based exercise and how they may be applied to dogs, as well as how physical therapy professionals can adapt common human exercises to dogs. - Numerous chapters on therapeutic modalities, including therapeutic lasers, illustrate how physical therapy professionals can adapt common human modalities to dogs. - Physical examination chapters offer comprehensive information on orthopedics, neurology, and rehabilitation. - New chapters keep you up to date with coverage of joint mobilization, rehabilitation of the athletic patient, biomechanics of rehabilitation, and physical therapy for wound care. - A companion website includes 40 narrated video clips of various modalities and exercises used to correct problems with lameness, hip disorders, and gait analysis, plus downloadable and printable orthopedic, neurologic, and physical rehabilitation forms, in addition to a client information worksheet, referral form and letter, and a daily flowsheet form.

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**fort collins physical therapy and sports center: Robinson's Current Therapy in Equine Medicine** Kim A. Sprayberry, N. Edward Robinson, 2014-05-01 - ALL-NEW topics provide updates on infectious diseases, including herpesvirus, equine granulocytic anaplasmosis, and lawsonia infection and proliferative enteropathy; pain diagnosis and multimodal management; management of thoracic and airway trauma, imaging, endoscopy, and other diagnostic procedures for the acute abdomen; and neurologic injury. - 212 concise, NEW chapters include both a succinct guide to diagnosis of disorders and a detailed discussion of therapy. - NEW images demonstrate advances in various imaging techniques. - Thoroughly updated drug appendices, including all-new coverage of drug dosages for donkeys and mules, provide a handy, quick reference for the clinical setting.

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**fort collins physical therapy and sports center: *Current Therapy in Sports Medicine*** Joseph S. Torg, 1995

**fort collins physical therapy and sports center: Orthopaedic Physical Therapy Secrets - E-Book** Jeffrey D. Placzek, David A. Boyce, 2016-09-10 Whether you're preparing for the OCS or just want to brush up on your orthopedic knowledge, you don't want to be without Placzek and Boyce's new third edition of *Orthopaedic Physical Therapy SECRETS*. As with previous editions, *SECRETS* covers a variety of different physical therapy concepts, healing modalities, specialties, and orthopedic procedures to ensure you are well-prepared to pass the OCS and provide the best

orthopedic therapy options for today's patients. Common diseases are included as well as more innovative diagnostic tools. Each chapter features thoroughly updated content that's entirely evidence-based and outcome-based. This ebook also features insightful anecdotes — including clinical tips, memory aids, and secrets — and helpful review tools — such as bulleted lists, algorithms and illustrations — to help you thoroughly master all aspects of orthopedic physical therapy practice. - Coverage of topics found on the orthopedic specialty exam makes this a useful review resource for those studying for the exam. - Clinical tips provide insightful guidance on a variety of clinical situations and tasks. - Charts, tables, and algorithms simplify information into logical frameworks. - Evidence-based content supports the latest orthopedic research. - Strong chapter on the shoulder and hand succinctly presents important information on this complex topic. - Annotated references provide a useful tool for research. - NEW! Completely updated content reflects the latest physical therapy guidelines. - NEW! Electronic-only format makes this study tool completely portable and accessible on a variety of devices such as the Kindle, Nook, iPad, and more.

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**fort collins physical therapy and sports center:** **Moody's Industrial Manual** , 1997  
Covering New York, American & regional stock exchanges & international companies.

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**fort collins physical therapy and sports center:** **The Home Remedies Handbook** , 1997

**fort collins physical therapy and sports center:** The Spine Dictionary Christopher J. Centeno, 1999 This guide to spine terminology includes definitions of disorders, tests, treatments, drug names, acronyms, abbreviations, and symbols from all disciplines caring for patients with spine disorders, including orthopaedic surgeons, neurosurgeons, therapists, chiropractors, and all those looking for a complete guide to spine terminology, particularly office staff of spine practitioners and libraries. Features multidisciplinary editorial board and multidisciplinary approach to terminology, so that terms frequently used in one spine specialty (e.g., neurosurgery) can be readily understood by all other specialties caring for spine patients. Illustrated.

**fort collins physical therapy and sports center:** Case Management Resource Guide , 1991

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**fort collins physical therapy and sports center:** *Knee Ligament Rehabilitation* Todd S. Ellenbecker, 2000 This resource presents the scientific basis for the clinical application of nonoperative and postoperative rehabilitation of knee ligament injuries. It presents comprehensive coverage of the anatomy and biomechanics of the human knee and in-depth discussion of clinical evaluation, operative and nonoperative rehabilitation methods, and recommendations for specific treatment strategies.

**fort collins physical therapy and sports center:** *Annual Report* United States. Small Business Administration, 1985

**fort collins physical therapy and sports center:** **Animal-assisted Interventions** Lori R. Kogan, 2023-12-14 This is a practical book exploring how to conduct animal assisted intervention (AAI) in ways that protect and prioritize animal and human welfare. This resource is for social scientists (e.g., psychology, social work, human development and family studies, etc.), as well as ethologists and animal behaviour and welfare students and practitioners. The book is a series of

short chapters that depict a wide array of AAIs and their potential welfare concerns. The chapters include descriptions of the AAI offered, the welfare challenges, and ways to successfully mitigate these challenges. This book also covers critical topics including therapy animals' aging, retirement, and death as well as ethical issues including animal consent. Species include not only dogs, but horses, rabbits, and other small animals (e.g., guinea pigs, mice, etc.). Types of AAI involve individual interventions as well as crisis dogs (those who help after natural and man-made disasters), and residential animals. The book is designed to be a practical, engaging book with links to video and examples of real-life situations. It is evidence-based, yet user-friendly and directly applicable to students and practitioners. An invaluable resource for ethologists and animal behaviour and welfare students and practitioners, as well as social scientists (e.g., psychology, social work, human development and family studies).

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