

*Why choose Arlington
Rehabilitation for
Sports & Orthopedic
Injuries?*

We believe that we offer the most effective therapy treatments for the young population. As pediatric specialists that have been in business for over 30 years and counting, we understand the unique physical, mental, and emotional needs of children, adolescents, and young adults in therapy.

Arlington Rehabilitation
for
**Sports &
Orthopedic Injuries**
A Division of APT



Arlington Rehabilitation for Sports & Orthopedic Injuries
A Division of APT

3105 N Wilke Road, Suite H
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www.arlingtonsportsrehab.com
www.arlingtonpediatrictherapy.com

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*Sports Medicine and
Orthopedic Injury
Treatment /Rehabilitation
for Children, Teens
and Young Adults*

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Today's Youth and the Growing Need for Sports Medicine



Recent research has shown that as children begin playing sports competitively earlier, and as they specialize in one sport from a young age, they are becoming much more susceptible to athletic injuries. Children's athletic programs are constantly becoming more demanding and concentrated. While many children still enjoy playing different sports throughout the year, there has been a dramatic increase in "specialization" in which a child will concentrate on one sport throughout the year. Travel teams, multiple leagues, indoor competition, and pressure to thrive are all major factors.

Statistics

- Children ages 5 to 14 account for 40% of sports-related injuries for all age groups.
- Approximately 3.5 million children and adolescents 14 and under will be hurt playing sports or participating in recreational activities.
- More than 775,000 are treated in a hospital emergency room. The majority of these injuries are a direct result of falls, being struck by an object, collisions, and overexertion.
- There are higher injury rates during contact sports, and the more severe injuries occur during individual sports.
- Sixty-two percent of organized sports-related injuries occur during practice.

*These statistics, found in a 2005 study by Yale University, reveal how prevalent sports and recreational injuries are in children and adolescents.



Our Focus

Our focus is treating children and teens with orthopedic injuries and conditions such as ankle, knee, and patellar injuries, scoliosis, and fractures. We work with pediatricians and orthopedic surgeons, as well as family members, to implement effective therapy strategies.

We also offer rehabilitation from sports injuries. Within our newly remodeled acute care center that includes state of the art equipment, private treatment areas, and a new aquatic therapy pool, our licensed therapists treat ailments such as tendonitis, sprains and strains, dislocations, and overuse injuries in a one-on-one setting. Our understanding of the unique physiology of children, teens, and young adults gives us the ability to treat and put the young athletes back on their feet quickly and effectively.

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