

## Multidisciplinary care to help you perform at your peak.



Whether you're a weekend warrior, a student athlete or a hard-training competitor, a sports injury can stop you in your tracks. It can cause pain and limit your mobility. It can also keep you from playing your best... or from playing at all.

At the same time, the repetitive motion and muscle overuse inherent in competitive play can lead to problems that inhibit peak performance. For these reasons, athletes need quality therapy and care both for rehabilitation following injury (or sports surgery) and for maintaining those structures and tissues for optimal function on the court, the field, the track, etc.

### ***Focused therapies for sports injuries.***

If you've been injured playing your favorite sport, you need relief. At Colorado Injury Treatment Center (CITC), we rehabilitate sports injuries, from alleviating related pain to restoring as much function as possible. As biomechanics experts, we understand the unusual forces involved in sports injuries and how to overcome

them with therapies designed to get you back in the game by:

- Alleviating pain
- Correcting mechanical imbalances
- Increasing strength
- Improving range of motion
- Training muscles & joints in groups
- Building endurance
- Restoring function

### ***Prevention & maintenance are the best medicine.***

Overuse of muscles. Unusual forces. Repetitive use of tendons and ligaments. These are common in sports. They also can lead to adhesions, micro-tears, entrapped nerves and blood vessels, lack of mobility, restricted range of motion and other problems. This is why our rehab professionals offer sports massage and hands-on therapies, including active-release technique (ART) to proactively address these problems and keep them at bay. Also, attuned to the challenges of the athletic lifestyle and your particular sport, we'll teach you how to prevent such problems — and injury — with risk awareness, proper conditioning and controlled movement.



Individualized, compassionate and multidisciplinary care designed for results.

For more information about how we can help you get past your injury and get back to the game, call CITC today. **(303) 745-0803**