



Moving Your Athlete Back To The Field...

Kinetic Physical Therapy is pleased to announce the arrival of the Adolescent Sports Medicine Program!

Our mission:

Our mission focuses on injury rehabilitation and prevention, return to sport, and performance enhancement with emphasis on the principles of adolescent growth and development. We will achieve this goal by utilizing a multidisciplinary evidence-based approach to evaluate and treat the young athlete.

Each athlete will receive a Functional Movement Screen (FMS) and sport specific assessment, as well as a thorough evaluation by an adolescent sports medicine physical therapist. Based on findings, an individualized program will be designed to improve movement patterns, address weaknesses, reduce injury risk, and enhance athletic performance.

Other services:

- ➔ Sports physical therapy services
- ➔ Return to sport programs
- ➔ Sport specific injury prevention programs
- ➔ Sports performance training
- ➔ Coach and parent education programs
- ➔ Sports nutrition
- ➔ Sports psychology counseling

TREATMENT PILLARS:

PATELLOFEMORAL PAIN SYNDROME

- Personalized hip and core strengthening
- **DARTFISH**  video gait analysis
- Biomechanical foot assessment

ACL INJURY PREVENTION AND RETURN TO SPORT PROGRAM

- Sportsmetrics ACL injury prevention program
- Post-operative rehabilitation
- Running, jumping, and landing video analysis

POST-CONCUSSION RETURN TO SPORT PROGRAM

- Full vestibular and cervical spine evaluation
- Individualized treatment program, including return to sport
- ImPACT testing (if necessary)

OVERHEAD AND THROWING INJURIES

- Full baseball screen, including throwing assessment and program
- Overhead scapular kinematics analysis
- Core strength assessment





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Friends,

I am a native of Chester County and went to Owen J. Roberts High School, where I played on many sports teams in the community. I went on to the University of Scranton and earned my BS, MPT, and DPT degrees. As a Doctor of Physical Therapy, I have treated athletes across the lifespan, but my true passion is the treatment of the young athlete.

In my personal time, I continue to participate in softball, ice hockey, and dek hockey at various levels. I even had the opportunity to play for Team USA Women's Street Hockey at the World Championships in 2011. I currently help coach the Mighty Moose Girls Ice Hockey team in Exton, PA.



For as long as I can remember, I have dreamed of running my own adolescent sports medicine program. With Kinetic Physical Therapy and our sports medicine team, this dream is now a reality. I look forward to helping our young athletes meet their goals on and off the playing field.

ONE ATHLETE. ONE THERAPIST. ONE GOAL.

Sincerely,
Michelle

Please contact Michelle at the Chester Springs office:

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