



Level Up! 5 Ways That Working with a PT Can Improve Your Sport Performance.

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Physical Therapists (PTs) can play a huge role in the career and life of an athlete. They earn doctoral level degrees, specializing in the human body and movement, and complete multiple rounds of clinical rotations to gain experience in a variety of settings to best serve the patient they encounter throughout their career. You may know someone, or are someone, who has gone to PT in the past after an injury for exercises, massage, stretches, etc., but that's not all that they do! Here are 5 ways that a PT can help you thrive in athletics that you may not have known about.

1. Learn Injury Prevention Strategies

- o Getting better at a sport is all about being able to spend time on the field honing your craft, and you can't do that if you get hurt too often
- o PTs can teach you stretching/strengthening routines and make recommendations for how to balance your training regimen to keep you in the game

2. Recover Quicker After Injury

- o Common athletic injuries that PTs can treat include ligament sprains, muscle/tendon tears and strains, bone fractures, concussions and injuries requiring surgery
- o Participating in PT has been shown to reduce the time required to return to sport after an injury and lowers the chances you will sustain the same injury.

3. Identify “Small” Impairments that Have a Big Impact

- o PTs perform a thorough evaluation of the whole patient in front of them, not just the body part that is causing them pain or limiting performance

- o Flexibility, Balance, Control, Strength, Power, Endurance are skills required for just about any sport and PTs are specially equipped to use their training to optimize your ability to excel in these areas through exercise

4. Build Confidence

- o Even the best athletes in the world can feel apprehensive about returning to the sport that injured them and changed the trajectory of their life.
- o Often, if an athlete is less confident in their ability to perform their sport, their injury risk is higher
- o Practicing skills in controlled setting before practice or game settings with a PT can help build back an athlete's trust in their abilities and their body

5. Accountability Buddy

- o Rehabilitating an injury can be a frustrating and draining journey for many young athletes that challenges their patience and focus
- o Having a strong, communicative PT in your corner can make all the difference in your recovery by helping to keep you on track and setting realistic goals for you along the way

At Joint Ventures PT in Peabody, we're here to help you stay healthy and active throughout all stages of recovery. [Reach out to us today for one-on-one, 40-minute appointments where your health and fitness goals are our top priority.](#)

