

## What types of issues do we address

- neck and back pain
- hip and knee pain
- shoulder pain, rotator cuff issues, frozen shoulder
- plantar fasciitis
- “tennis-” or “golfer’s” elbow
- tendonitis, tendonosis
- strains and sprains
- pre and post surgery rehab
- sports injuries
- repetitive strain injuries
- postural problems / ergonomics
- balance issues, fall prevention
- arthritic conditions
- instruction in safe exercises to manage osteoporosis
- jaw/tmj pain
- headaches
- pregnancy related pain, pre and post-natal exercise
- running injury prevention and treatment
- preparation for new or increased sports/fitness activities for injury prevention
- safe exercise with chronic health conditions
- myofascial pain and restrictions
- proprioceptive / agility training
- Self-treatment techniques

