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## **PHYSIOTHERAPY ASSOCIATES ANNOUNCES PHYSIOSPORTS AND NATIONAL ATHLETIC TRAINING INNOVATIONS**

**January 18, 2016 (Exton, PA)**

Physiotherapy Associates (Physio), a leading national provider of outpatient physical and occupational rehabilitation and prosthetics and orthotic services announces PhysioSports, an innovative, evidence-based, focused program dedicated to sports enhancement, injury prevention and injury rehabilitation providing unparalleled support for both athletes and Athletic Trainers. Under the direction of Trent Nessler, PT, MPT, DPT, National Director of Sports Medicine for Physio, along with Physio's Sports Medicine Advisory Council, PhysioSports has developed sport-specific programs that provide ground-breaking rehabilitation and performance enhancement therapies.

Physio's Sports Medicine Advisory Council consists of some of the foremost experts in sports medicine including: Dr. James Andrews; Dr. Orr Limpisvasti; Kevin Wilk, PT, DPT, FAPTA; Todd Ellenbecker, DPT, MS, SCS, OCS, CSCS; Michael Wooden, PT, MS, OCS, MTC; Trent Nessler, PT, MPT, DPT; Brett Raasch, PT, ATC and Keith Kocher, PT, MOMT, FAAOMT. Collectively, the team of Physical Therapists and Athletic Trainers at Physio published over 400 manuscripts in sports medicine peer reviewed journals, contributed to over 20 orthopedic textbooks and presented at over 1000 professional and scientific conferences making them unique in the industry. With four to six active research projects annually, PhysioSports offers a scope of services and utilizes proprietary intellectual capital that drives sports physical therapy innovation and is unparalleled in the industry.

Central to the mission of PhysioSports are athlete-focused programs such as ACL Prevention, Athletic Movement Index Analysis and Running Analysis provided by Physical Therapists and Athletic Trainers who have met Physio's stringent certification requirements. In addition, PhysioSports provides Athletic Trainers to over 200 middle & high schools, 26 universities and 20 professional teams across the United States. Over 3.5 million kids receive medical treatment for sports related injuries every year in the United States, according to the American Orthopedic Society for Sports Medicine. PhysioSports' certified specialists and Athletic Trainers focus on correcting abnormal movement patterns to optimize rehabilitation and prevent future injuries. "With a program based on innovation, research, education and implementation of cutting edge treatments developed by Physio's Sports Medicine Advisory Council and our team of athletic trainers and sports medicine specialists, we can identify injury trends quickly and provide consistency in the standard of care provided nationally," says Nessler.

Reducing the potential for injuries and the risk for long term health consequences requires proper management when injuries do occur. PhysioSports certified Athletic Trainers provide consistency in treating the injured athlete through a continuum of care which is paramount to the success of the PhysioSports program. With the recent launch of the Athletic Trainer System "ATS" ([www.athletictrainersystem.com](http://www.athletictrainersystem.com)), a HIPAA-compliant, electronic medical record (EMR) system in all Physio athletic training sites, Athletic Trainers more thoroughly track the athlete's course of care. In addition, PhysioSports uses this information to decrease athletic injury rates. "By collecting national injury data, we can research injury trends and measure the effectiveness of our injury prevention initiatives, customize our innovative services and be the best in the industry in the care we provide," says Nessler. Studies have shown that the implementation of EMR in health care results in increased transparency and communication among health care providers involved in patients' care which improves outcomes and the patient experience. For athletes, expedited care means a faster return to sport, decreased long-term negative impact and an improved experience for the athlete.

According to Dr. Nessler, "The components of the PhysioSports program guarantee our team of practitioners is using the most advanced evidence-based methodologies and innovative practices. We want to do everything we can to promote the safety for our athletes."

For more information on PhysioSports visit their website at [www.MyPhysio.com](http://www.MyPhysio.com) or e-mail at [physio.sports@MyPhysio.com](mailto:physio.sports@MyPhysio.com)

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