

Services

Sports Therapy & Strength Conditioning

Board Certified Sports Therapy and Strength Conditioning

Fremont County residents with sports related injuries now have access to a Sports Certified Specialist to help them recover and get back to competing and enjoying their competitive sport or hobby.



Fremont Therapy Group’s Tom Davis has earned board certification as a Sports Certified Specialist (SCS) by the American Board of Physical Therapy Specialties. He joins only one other Wyoming physical therapist with this certification currently working in Gillette.

Fewer than 10% of the American Physical Therapy Association members attain advanced certification. Out of the 217,000 physical therapists currently working in the US, only 1,800 have the SCS certification.

The SCS is the highest qualification that a physical therapist can attain in practice of Sports Physical Therapy. To obtain this certification, Davis had to submit at least 2,000 hours of direct patient care in that area and pass a 250 question exam (which takes 5 hours) covering patient care situations. He spent over a year preparing for the test.



What does this mean for Fremont Therapy Group patients?

Whether it's recovering from a surgery or wondering if you should keep performing on an injury, Davis can help make your recovery process easier. We will ease your concerns and get you back to doing what you love. You don't have to be a competitive athlete either. If you hike, climb, ski, board or any number of other sports, you're in good hands with Davis.

When an athlete suffers an injury or is recovering from surgery, their goal is to return to their sport quickly and safely. Our physical therapists, athletic trainers and certified strength and conditioning specialists (CSCS) evaluate strength, flexibility, balance and coordination. We then design a rehabilitation program for the athlete, along with a functional exercise program focused on improving their athletic performance. Their specialized training allows them to capitalize on additional tools and modalities, including high-speed video analysis, motion analysis, Kinesio and Dynamic taping techniques.

Motion analysis with high-speed video equipment and specialized software allows the therapist to assess the athlete's movement patterns during sport-specific movements to maximize performance and reduce the risk of injury.

Running Analysis -Our specially-trained physical therapists utilize multiple high-definition video cameras to capture and analyze slow movement patterns to more than 60 frames per second. This allows them to isolate movements that occur too quickly to see in real-time. A running analysis session provides the runner with video feedback of their gait pattern, and a personalized program to help modify their form to support a decrease in the risk of injury and improved physical



performance.

Bicycle Fitting: Similar to the running analysis, a dynamic assessment using our high-definition motion analysis system. Our physical therapists can measure angles to achieve optimal position and form focused on reducing overuse injuries and improving

Golf Swing Analysis: A physical screen to assess flexibility, mobility, stability, proprioception, balance and dynamic performance. This is performed using the high-definition motion analysis system. Physical Therapists then develop a customized exercise/program of golf-specific exercises and drills to reduce the risk of injury and improve overall performance.

Other applications - The high-definition motion analysis system is portable, making the list of movements that can be analyzed. Potential applications might also include a swim stroke, ball handling in a variety of sports, even work-related movements. Any movement, including carrying, can be captured and analyzed for optimization and injury prevention purposes.

Kinesio Tape and Dynamic

Tape application can also help decrease pain and swelling, improve the quality and quantity of range of the affected joint, and improve muscle recruitment with active motion.

Kinesio Tape - This is a highly elastic, non-restrictive tape that physical therapists apply over muscles to treat a wide range of conditions. Kinesio taping is a technique based on the body's own natural healing process and gives support and stability to a person's muscles without reducing circulation and range of motion. In rehabilitative applications it works continuously and can provide 2-3 days of relief after therapy and continues to promote healing.

Dynamic Tape - The unique properties of this four-way stretch material behaves like a second muscle and enhances the effectiveness of treatments immediately. The tape is highly comfortable, breathable, nonirritating and allows water through to the skin.