



Your Sports Physiotherapy Clinic in Edmonton

**Get Back in the Game with Edmonton's
Trusted Athletic Recovery Team.**

Get Started



instepphysio.ca



Meet Your Dedicated Edmonton Sports Physiotherapist

<u>Personalized Assessment</u>	01
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<u>Personalized Health Planning</u>	03
<u>Advanced Techniques</u>	04
<u>Athlete-Focused</u>	05
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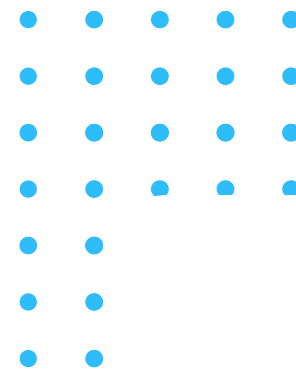


Comprehensive Care at Our Edmonton Sports Injury Clinic

Full-Spectrum Recovery: We are the go-to Edmonton sports injury clinic for sprains, muscle strains, ACL tears, and concussions.

Performance Enhancement: Beyond healing, we focus on gait analysis, running mechanics, and sport-specific conditioning.

Injury Prevention: Customized programs designed to identify imbalances and prevent future setbacks.



Ask your doctor

Which screenings are recommended based on your age, lifestyle, and family history.





Personalized Health Planning

Screening results provide healthcare professionals with important information about your individual health needs. This allows for customized guidance on diet, exercise, medications, or lifestyle changes.





Thank You

Your Destination for Orthopedic and Sports
Physiotherapy Edmonton.

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See You

