

Lifting & Crossfit



Weight Lifting & CrossFit

Helping your patients stay in the gym

Weightlifting consists of numerous full body movements that are very physically demanding. Whether your patient participates in Olympic Weightlifting, CrossFit, Powerlifting, or programs their own strength training routine, as an athlete they are constantly challenging their cardiovascular and musculoskeletal systems. In addition, they are frequently challenging their nervous system by learning new movements. Injuries in weightlifting, or any sport, can arise when we put a demand on our muscles and joints greater than their current level of tolerance. These increases in demand can result in lifting weights beyond one's training level or performing lifts with less than adequate mobility or mechanics.

As physical therapists, we are able to help your patients address these issues by providing manual therapy for restrictions in mobility, movement analysis of complex lifts, and prescription of an exercise program that will accompany a workout or "WOD" in the gym. As physical therapists who are athletes, our goal is to keep people in the gym. We prescribe therapeutic exercises that can be done before a workout or at home. We can also make recommendations for modifying painful movements or progressions towards more complex movements. Contact us so that we can help your patients lift safer, stronger, and pain free!

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

**ACCEPTING
NEW PATIENTS**
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today!

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