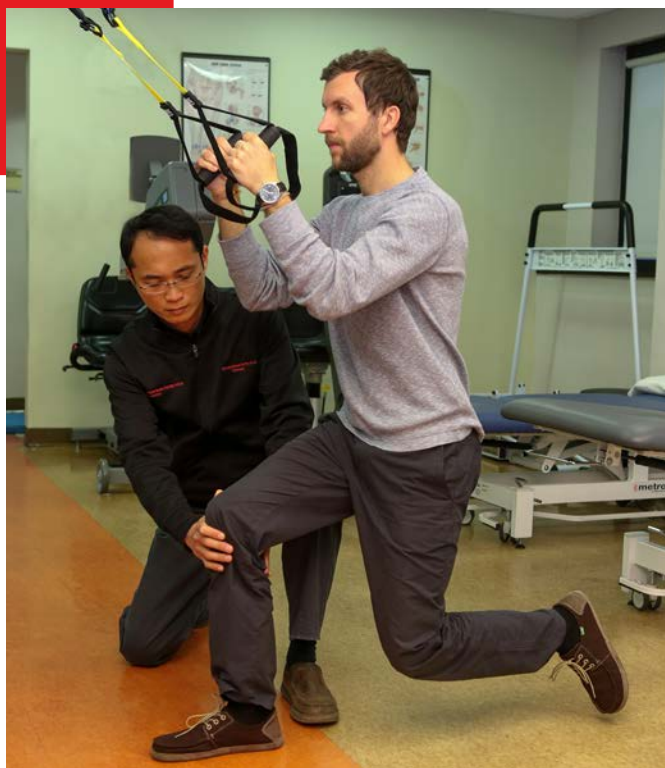


Sports Medicine Rehabilitation

To schedule appointments for rehabilitation due to a sports injury at:

- Fresh Meadows or Flushing (Main Campus), please call 1-855-37REHAB (73422)
- Jackson Heights, please call 1-844-REHAB01 (734-2201)



Common Conditions Treated

- Anterior cruciate ligament tears
- Arthroscopic and orthopedic surgery
- Concussion
- Iliotibial Band Syndrome (ITBS)
- Labral tear
- Meniscal injury
- Muscles sprains/strains
- Overuse injuries
- Patella-femoral syndrome
- Patella tendon injury
- Plantar fasciitis runner's knee
- Post-Op sports surgery
- Rotator cuff tendonitis/tear

Sports injuries and related orthopedic conditions are common to the general population. The musculoskeletal system is critical to our daily functional activities. Yet every year thousands of people suffer a variety of bone, muscle and joint injuries while participating in sports, as well as seemingly harmless activities such as gardening and walking.

Sports medicine rehabilitation is a way to offer athletes and non-athletic individuals an opportunity to enhance their performance and prevent injuries.

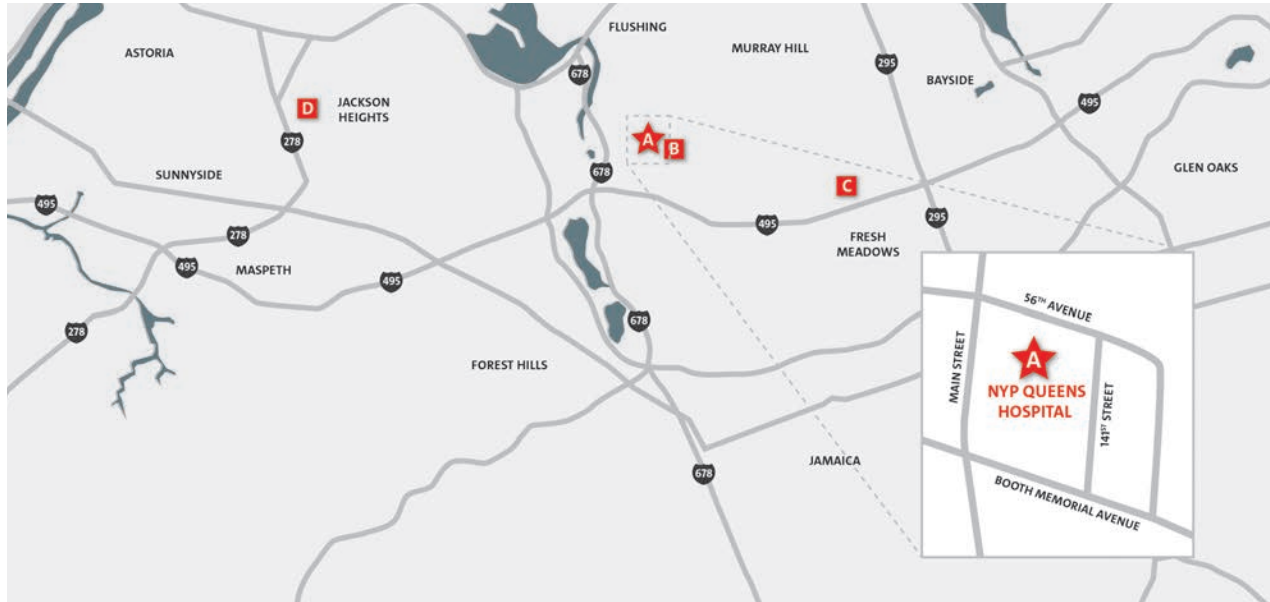
Sports Medicine Rehabilitation Treatments

- Functional performance assessment
- Manual therapy
- Mechanical assessment and treatment
- Musculoskeletal assessment
- Neuromuscular re-education
- Post rehab training program
- Pre and post-concussion management
- Strengthen and conditioning programs

Benefits

- Enhance functional performance
- Improve agility and proprioception
- Improved flexibility and strength
- Pain reduction
- Return to sports
- Sports specific injury prevention

NewYork-Presbyterian Queens Rehabilitation Locations



A **NewYork-Presbyterian Queens Main Campus**
56-45 Main Street, Flushing, NY 11355

B **NewYork-Presbyterian Queens**
56-45 Main Street, 4 North, Flushing, NY
Please call 1-855-37REHAB (73422) to
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Speech Language Pathology
and Swallowing
- Hand Rehabilitation
- Sports Medicine Rehabilitation
- Adult Swallowing
- Pediatric Feeding and Swallowing
- Adult Speech and Language
- Fall Prevention

C **NewYork-Presbyterian Queens**
163-03 Horace Harding Expressway,
2nd Floor, Fresh Meadows, NY 11365
Please call 1-855-37REHAB (73422) to
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Hand Rehabilitation
- Lymphedema Rehabilitation
- Neurological Rehabilitation
- Sports Medicine Rehabilitation
- Vestibular Rehabilitation
- Fall Prevention

D **NewYork-Presbyterian Medical Group Queens**
72-06 Northern Boulevard, 2nd Floor,
Jackson Heights, NY 11372
Please call 1-844-REHAB01 (734-2201) to
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Hand Rehabilitation
- Sports Medicine Rehabilitation
- Fall Prevention