



CADENCE PHYSIOTHERAPY
RUNNING COACHING AND ASSESSMENT

Physiotherapy Services

Sports physiotherapy – diagnosis and rehabilitation for any sports injury including:

- Muscle strains
- Joint sprains
- Overuse injuries
- Joint stiffness or instability

Post-operative rehabilitation – In consultation with your specialist your rehabilitation program will be customized to your particular needs/goals and will focus on a return to sport as required.

Manual Therapy – Includes a wide variety of techniques to improve movement or address pain caused by stiff joints or tissue.

Dry needling – It is an effective treatment tool for addressing soft tissue tension and neuromuscular overload.

How does it work? Dry needling works both locally at the site of your injury to release tension and in the brain to inhibit the pain pathway.