

Don't Settle For Less

A step above other health care providers, Camelback Mountain Sports Medicine & Rehabilitation offers the latest technologies and proven therapeutic methods.

Our services include:

- Evaluation and treatment of orthopedic and sports injuries
- Spinal/Core stabilization
- Sport-specific strengthening and conditioning programs
- Manual therapy
- Functional exercise programs
- Biomechanical assessment
- Balance and proprioception training
- Gait and orthotic evaluation
- Isokinetic training and testing
- Post-surgical rehabilitation programs
- ASTYM



CAMELBACK MOUNTAIN
SPORTS MEDICINE & REHABILITATION

4455 East Camelback Road, Suite D-155
Phoenix, Arizona 85018
PHONE 602.808.8989

**Don't Let An Injury Prevent You
From Getting The Most Out Of Life.**

**Stay in the Game with Camelback
Mountain Sports Medicine & Rehabilitation!**



CAMELBACK MOUNTAIN
SPORTS MEDICINE & REHABILITATION



**If You Like
To Play...**

**The Last
Place You
Want To Be
Is On The
Sidelines**

Stay In The Game

To stay active and get the most out of life, you've got to do two things. First, avoid injury. Second, effectively treat and manage the injuries you get.



That's why you need Camelback Mountain Sports Medicine & Rehabilitation. Our professional physical therapists, certified athletic trainers, and strength and conditioning specialists are dedicated to helping people of all activity levels stay in their games of choice.

We give competitive athletes a performance advantage. We take care of weekend warriors who go a little overboard. And we help people who want the best for themselves and their families enjoy a lifetime of benefits from regular exercise.

Enjoy The Experience

Camelback Mountain Sports Medicine and Rehabilitation is conveniently located at 44th Street and Camelback Road in The Mortgages LTD Financial Plaza. Our facility holds state of the art workout equipment and offers every amenity to enjoy the full physical therapy experience. Our therapists stay updated on the latest procedures and methods such as ASTYM to help you stay in the game. ASTYM is a non invasive treatment that has proven to work fast and consistently to rejuvenate muscles, tendons, and ligaments for acute and chronic injuries. For more information on this and other methods we use feel free to check out our website at camelbackmountainsportsmedicine.com. Here at Camelback Mountain Sports Medicine we pride ourselves on producing results.



Sports and Conditioning Programs

Camelback Mountain Sports Medicine offers a variety of sport specific training and conditioning programs to give you a competitive edge this season. These programs include: **Jock's Jump** — For adolescents to improve their vertical jump and reduce the risk of ACL and other sports related injuries. **Snowessentials** — This class is focused on preparing your body for the rigors of skiing or snowboarding. **Power Tennis** — A tennis specific training program that will improve a player's fitness and their game. Participation in these programs will keep you off the sidelines and help you stay in the game!

Make An Appointment

We're here for you Monday through Friday, with same-day appointments available. We look forward to helping you prevent, treat, and manage your injuries in a fun, caring, educational, and professional manner.

To schedule an appointment, call us today at **602-808-8989**.



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www.camelbackmountainsportsmedicine.com