

Why Choose Pediatric Physical Therapy for Orthopedic and Sports Injuries?

A pediatric physical therapist takes a holistic approach, conducting a comprehensive assessment of your child's injury while considering their growth, developmental stage, physical abilities, and specific sports and activities. This ensures a developmentally appropriate and individualized treatment program, along with injury prevention education and planning. Growing children, especially youth athletes, are prone to overuse injuries as their bodies develop. A pediatric physical therapist understands these stresses and designs treatment programs to mitigate them.



Our Commitment:

At Primary Therapy Source, our physical therapy staff is dedicated to:

- Facilitating safe and age-appropriate rehabilitation for orthopedic injuries in school-age children up to 21.
- Building a strong foundation for physical health and athletic endeavors as your child grows.
- Developing treatment programs that not only alleviate symptoms but also help prevent recurring or overuse injuries.

Our Pediatric Orthopedic Therapy Programs May Include:

- Strengthening and Muscle Coordination Exercises: To resolve symptoms and provide a better foundation for safe and efficient movement.
- Postural and Balance Assessment and Treatments: Considering individual differences such as scoliosis, toeing in, or leg length discrepancies.
- Biomechanical Assessment: Evaluating how your child moves, walks, runs, and jumps to identify compensation patterns that may lead to injury.
- Instruction on Improved Form: Teaching strategies to prevent future injuries.
- Manual Therapy: Including soft tissue massage and manual stretching.
- Home Exercise Programs: To aid recovery from injury, return to play, and prevent overuse and future injuries as your child grows.
- Patient and Parent Education: On injury prevention strategies, recognizing signs of overuse injuries, and adjusting workout routines to avoid them.



Contact us at (208)734-7333 to schedule an appointment to address youth sport injury and prevention



TWIN FALLS

BURLEY