



**NEXT STEP**  
Physio & Neurorehab Clinic

# Sports Physiotherapy Edmonton

[www.nextstepphysio.ca](http://www.nextstepphysio.ca)





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# Peak Performance & Recovery

At Next Step Physio & Neurorehab Clinic, sports physiotherapy Edmonton focuses on helping individuals recover from injuries, improve mobility, and maintain physical performance. Care is designed to support both athletes and active individuals in restoring movement and function.



# Sports Injury Specialization

Sports physiotherapy involves assessment and treatment of injuries related to physical activity. It helps improve flexibility, strength, and coordination while addressing muscle and joint concerns. The goal is to support safe and effective recovery.

# Common Treatments

Sports-Specific Manual Therapy: Targeted joint manipulation and functional soft tissue release.

Treatment methods may include exercise therapy, manual therapy, stretching, and rehabilitation programs. These approaches help reduce pain, improve muscle function, and support healing after injuries such as sprains, strains, or overuse conditions.





**Thank You**



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