

Community Talks

At 3Dimensional Physical Therapy & Sports Conditioning we pride ourselves on staying current with the most up-to-date assessment and treatment strategies. We invest a lot of time and money in books, journals, DVDs, and continuing education classes to see that nothing gets overlooked.

We have and will continue to develop presentations for the community to educate you about what Physical Therapy is and what WE can do for you.



Available Talks:

- Are You as Healthy as You Think?
- Acute Ankle Sprain: To Immobilize or Mobilize!
- Anterior Knee Pain: Let's Find the Cause!
- Are We Training the Hip Properly: Pre Exercise Screen to Specific Strengthening
- Golf: A Game of Frustration
- Pre –Work Exercise Stretching Program



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www.3dimensionalpt.com