

# Introduction to Injury Care

## Physical Therapy in Kansas City and Leawood for Injury Care

Welcome to the Elite Sports Medicine & Physical Therapy resource for injury care.



At Elite Sports Medicine & Physical Therapy we look forward to helping you achieve optimal health and recover from injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Elite Sports Medicine & Physical Therapy, your physician or a qualified specialist first.

At Elite Sports Medicine & Physical Therapy we offer Physical Therapy, Personal Training, Massage Therapy, Nutrition, & Medical Fitness and look forward to working with you to enjoy maximum mobility and avoid injuries.

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