

Disclaimer:

The authors of these exercises are licensed in physical therapy in the State of California. The exercises and theories are intended for our patients as follow up on clinical meetings. Theories are discussed about general problems associated with the various joints of the body, but these theories are not meant to diagnose your specific problem. Emeryville Sports Physical Therapy advocates proper medical diagnosis by a MD, DO, Nurse Practitioner, Physician Assistant, Podiatrist, Dentist, or Chiropractor, or other qualified medical examiner. Our theories and exercises address musculoskeletal imbalances that may contribute to joint and soft tissue strain. We believe that these problems are multifactorial and include deficits and imbalances in strength, flexibility, coordination, core and global strength, and/or endurance. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem. However, our approach is based on many years of practice and study as physical therapists and intended to educate you about possible contributory factors to musculoskeletal health.

Kind regards,

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