

Introduction to Injury Care

Physical Therapy in Henderson for Injury Care

Welcome to the Optimal Physical Therapy resource for injury care.



At Optimal 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 Optimal Physical Therapy, your physician or a qualified specialist first.

At Optimal Physical Therapy we offer Physical Therapy, Pediatric Physical Therapy, Orthopedic Physical Therapy, Balance and Vestibular Therapy, Orthopedic Wellness Programs and look forward to working with you to enjoy maximum mobility and avoid injuries.

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