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***Physical Therapy Update***

*The clinical staff at Frederick Sport and Spine Clinic regularly reviews articles, discusses the content and implements the information into our patient treatments. As a service to the local medical community, we are offering a summary of these articles to Physicians and Medical Practitioners. It is our intention to provide only the most pertinent info in these ½ page summaries. Further info is available at the clinic. Please take a moment to peruse the information below and contact us if you have any questions about the subject matter. Enjoy!*

**Interval Sports Programs: Guidelines for Baseball, Tennis and Golf**

K. Wilk, J. Andrews et al.

JOSPT, Volume 32, Number 6, June 2002

Sports Physical Therapists are commonly involved in the rehab of athletes who suffer injuries to their upper extremities. Rehabilitation focuses on restoring normal flexibility, strength and neuromuscular control in the clinic. What happens outside the clinic can be injurious to the athlete as they return to sport if not guided correctly and effectively. Interval Sports Programs are the functional rehab guidelines that are encouraged to safely and effectively return the athlete to the playing field.

This article went over in detail the ISPs for baseball (including a separate Little League program), tennis and golf athletes. A thorough description with warm-up, cool down and technique tips is provided. We've already included these programs with the rehab of your patients. These programs, coupled with a comprehensive and sport-specific rehab program can return your patient to the highest level possible.

It is extremely important that your patients be managed correctly from the beginning as well as having complete follow-through with their rehab. We will make sure the follow through is done with the latest research out there. The Programs can be obtained in detail from the article or by call me at Frederick Sport and Spine Clinic at the number below.

***'Physical Therapists for the Frederick Keys'***

***84 Thomas Johnson Court, Suite B, Frederick, MD 21702 301-662-8541 fax 301-662-8762***