

Rehabilitation Services of Houston has partnered with Texas Acceleration & Sports Training to open a physical therapy clinic in Cinco Ranch. We are located inside Katy Anytime Fitness. Rehabilitation Services of Houston (www.rshphysicaltherapy.com) is a part of the John West Physical Therapy Group and has been helping athletes and non-athletes maximize their function and potential for many years.

We specialize in general orthopedics, sports medicine and injuries involving the spine. Our clinic incorporates progressive physical therapy, sport specific activities and flexibility training to return our clients to their highest possible level of function.

In the treatment of back and neck injuries we use the McKenzie Method[®], which is a logical step- by- step evaluation of the patient’s symptoms. Once the symptoms are “classified” into specific groups then an exercise program is prescribed. One of the guiding principles is self-treatment; which gives the patient control over their symptoms and helps them prevent a flare-up. For more information visit www.mckenziemdt.org/index_us.cfm

One of the more common problems found in the athlete and non-athlete is inflexibility. This can limit a person in their pursuits; whether it is sports or daily activities. We incorporate the Stretch to Win technique to improve flexibility and range of motion. This 10-step protocol allows clients to achieve fast, safe and permanent gains. The founder of the technique was shown in the August 8, 2005 issue of Sports Illustrated stretching NFL superstar Donovan McNabb. For more information please visit www.stretchtowin.com. We offer dynamic stretch sessions to the general public and we also incorporate it in the care of our patients.

We accept Medicare, Worker’s Compensation, and private insurance companies. A physician must prescribe physical therapy services in order to qualify for insurance reimbursement.

Sports-specific conditioning and training is offered through Texas Acceleration: a licensed provider of the Frappier Acceleration Sports Training Network. This program uses scientifically developed training protocols to increase 40-yard dash time, anaerobic conditioning, vertical jump, agility, etc.

Discounted gym memberships at Anytime Fitness available for patient’s family members for the duration of physical therapy.



STRETCHED TO THE LIMIT

TWICE-A-WEEK sessions with stretch therapist Ann Frederick give McNabb the flexibility he needs. She straps down one of his legs and begins tugging, rotating and generally contorting McNabb’s body into the extreme angles it gets wrenched into during games. In a one-hour session she never lets up except to unstrap one leg and strap down the other. “I want to make him feel like the parking brake is off when he’s competing,” she says. “I try to give him 20 percent more range of motion than he’s used to, so when he goes down, he can withstand the strain.”



For more information or to schedule an appointment call 281-391-3372
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