

Are you at risk for an knee injury?

Young athletes are more at risk of serious knee injuries than any other population. It is estimated that sports related injuries account for 2 million injuries per year. Nearly 30% of those injuries are knee injuries.

Dont be one of the statistics!



Athletes have many factors that predispose them to knee injury. Many of these factors can be modified. At Gateau Physical Therapy, we are committed to working with you to dramatically decrease your risk of injury and enhance your performance using current research concepts.

To begin participation in
Gateau Physical Therapy
Knee Injury Prevention
Program
contact our office at
301-862-5177.

Dont miss your season
because of a preventable
knee injury.