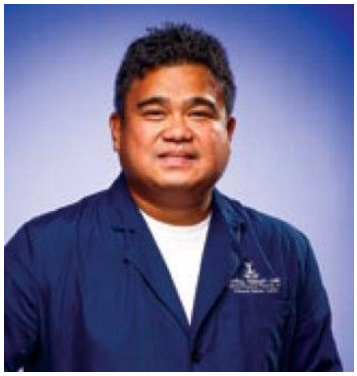


Title: A New Sports Injury Prevention Screen Can Minimize, If Not Prevent Sports Injuries Even Before They Happen

Name: Dr. Gerry Catapang, PT, DPT MGS
Founder, Physical Therapy Care and Catapang Orthopedic and Sports Institute
St. Louis, Missouri, USA 63108

Sports Injuries can be minimized, if not prevented even before they happen with the new Sports Injury Prevention Screen. A Sports Injury Prevention Screen is a ten to fifteen minute examination performed by a physical therapist. The facet joints of the spine and joint extremities, muscles and soft tissue are screened for biomechanical faults and movement restrictions that can lead to injuries. The new screening method would allow the physical therapist to fix the problem even before the injuries manifest and even before they happen.

Our body is like a Pulley System - there are pulleys and belts that form the system. If the pulley (pertaining to the joints of the spine and extremities) is not moving right then the belt (pertaining to the muscles, soft tissues, tendons, and ligaments) would have to work harder then would eventually break down resulting to injuries in relation to our bodies. Furthermore, if those abnormal pulleys can be detected right away, then injuries can be minimized if not prevented.

For athletes, less injuries or none would mean a college scholarship or an athletic opportunity of a life time. Sports injuries can make or break an athlete's career. The access to the new Sports Injury Prevention Screen can help minimize ,if not prevent sports injuries even before they happen.

Biography

Dr. Gerry Catapang completed his Doctorate in Physical Therapy (DPT) from University Of St. Augustine in Florida. His Clinical Doctorate training is in Orthopedic Examination and Treatment of the Spine and Extremities. Gerry is also a Master Golf Performance Specialist (MGS).Gerry has been treating Orthopedic, Sports, Personal and Work-Injuries for more than thirty years. He has written more than thirty five articles on Orthopedics, Sports, and Industrial Physical Therapy published in several journals and magazines. He was a contributing author for a Physical Medicine textbook: Pain Procedures In Clinical Practice, Third Edition. He has been a guest lecturer in several medical conventions in the US and Philippines .In 2012, Gerry was the recipient of the Best Physical Therapist Award — A Community Healthcare Champion, awarded by the Springfield, Missouri Business Journal. Dr. Catapang is the founder of Physical Therapy Care Orthopedic and Sports PT and Catapang Orthopedic and Sports Institute in St. Louis, Missouri, USA.

Presenting Author Details

Full Name: Dr. Gerry Catapang, PT, DPT, MGS
Contact Number: + 1 417 234 5327
Email: dr.catapang@sbglobal.net
Session Name/Number:
Category: Oral Presentation