

Introduction to Injury Care

Physical therapy in Upper Marlboro, Largo, Prince George's County for Injury Care

Welcome to the Physical & Sports Rehab resource for injury care.



At Physical & Sports Rehab 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 Physical & Sports Rehab, your physician or a qualified specialist first.

At Physical & Sports Rehab we offer Orthopedic Physical Therapy, Rehabilitation and Sports Performance Training and look forward to working with you to enjoy maximum mobility and avoid injuries.

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