

Lacrosse Rehabilitation Specialists

At Rock Valley Physical Therapy, we are dedicated to Making Better Athletes. Our goal is to make therapy as fun and easy as possible.



Our Rock Valley PT clinics and staff have the expertise working with lacrosse athletes for post-injury and post surgical rehab.

We allow our athletes to heal properly, yet challenge their ability to stay mentally aware. We establish healing and rehab goals to get them back to their sport practices and events.

Our return to sport history with athletes is second-to-none due to the years of experience and passion of our sports medicine specialists have helping athletes get back in the game.

Treatment may include

Hands-on assessment to locate tenderness and pain

Assessment of your strength and mobility

Manual soft tissue work and joint mobilization

Functional athletic movement retraining

Pain management to progress strengthening and flexibility exercises

Solid treatment plan in accordance with proper healing, mobility, strength, endurance, balance and athletic goals

Return to sport/activity training

Our Central Iowa Clinic Locations:

Ankeny, Des Moines, Grimes, Greenfield, Norwalk, Polk City, Waukee, West Des Moines Stadia Sports Medicine, West Des Moines



Making Better Lives.

Rock Valley
PHYSICAL THERAPY

www.Rockvalleypt.com