

# WE KEEP YOU RUNNING



Runners are in a class by themselves, from the beginners to the elite. As a runner, you want to go to a Physical Therapist who understands runners. You want someone with years of experience treating runners. And you want someone with a long, successful track record of helping runners achieve their goals from running just a few miles pain free to completing ultra-marathons.

**Free  
Gait Analysis  
and Running  
Shoe Prescription  
with this card**

# PERSONALIZED CARE

At Siesta Key Sports & Physical Therapy we treat the dysfunction, not the symptoms. We treat the individual, not the diagnosis.

## Manual Therapy

Most treatment plans include joint mobilization, soft tissue mobilization or myofascial release depending on your needs.

## Therapeutic Exercise

A specific exercise program will be developed based on your goals, individual biomechanics and specific impairments.

## Foot and Ankle Biomechanical Evaluation

Your specific foot type and mechanics can significantly impact symptoms in your feet, ankles, knees, hips, and lower back. We have specific tests to identify potential issues.

## Therapeutic Pain Modalities

Our revolutionary, pain-relieving and tissue-healing modalities include Ultrasound, 830 Cold Laser, and various forms of Electrical Stimulation.



**Siesta Key  
SPORTS &  
PHYSICAL THERAPY**



5147 Ocean Boulevard, Siesta Key, FL  
Phone (941) 870-5811 Fax (941) 870-5814  
[www.siestakeypt.com](http://www.siestakeypt.com)