



OSR Physical Therapy is proud to partner with the Gilbert Youth Soccer Association (GYSA) in an effort to provide coaches and families with a professional resource for education regarding injury prevention, proper body mechanics, appropriate injury assessment on the field and insight into the growth, development of and changes in the musculoskeletal structures throughout life.

OSR is a company dedicated to serving our patients and the communities in which they live, work and play. We believe in the power of education, which makes our association with the GYSA such a great fit. Our goal here is to bring to you the many educational and clinical benefits offered by Licensed Physical Therapists – true musculoskeletal experts, thoroughly educated on the muscle, bone and joint structures of the entire human body and trained to evaluate how those structures are working (or not working) together to produce proper, pain-free movement and function.

OSR Physical Therapists are:

1. **specialty skilled** in the assessment and treatment of musculoskeletal injuries and pain conditions
2. **experts** at identifying poor body mechanics which lead to pain and/or injury
3. **true professionals** in providing skilled rehabilitation after injury or surgery
4. **talented communicators**, providing instruction and education on preventative measures you can take to curb the risk of injury, or to prevent the worsening of one
5. **experienced** in working with patients of all ages, making us an excellent **first stop** for questions regarding sport-related or repetitive injuries, pain complaints and concerns over loss of function
6. **available to GYSA families for complimentary consultation** – simply call and schedule
7. **straight-forward** professionals dedicated to providing you with the best in information, care and client service

Look for us throughout the season in upcoming newsletters (“OSR Headers” – quick tips and insight specific to soccer and sport-related injury), out at the fields on select game days, at coaches clinics, and, most importantly, anytime at our office here in Gilbert.

We encourage you to reach out with questions and let our staff help you – that’s why we’re here.

Have a fun, safe season!

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