Introduction to Soccer

Physical Therapy in Guilford and Old Saybrook for Soccer

Welcome to Physical Therapy Specialists resource about Soccer.

Soccer is a sport that is not only fun to play, but it is a sport that provides a great workout to everyone on the field. However, if the proper conditioning is not in place, the Soccer field can be laden with potential landmines for injury.

The majority of Soccer injuries are directly related to the muscles and joints of the knees, ankles and hips; and because of the repetitive motion associated with this sport, a player might not realize just how bad they are hurt until it is too late.

This area of our site is designed to make you, the Soccer player, aware of the hazards that are prevalent in this sport. We want to make sure you are aware of the exercises and techniques that will keep you from being sidelined.

After all, the world is beating us in this sport and it's time to catch up. To do that, we need you healthy.

Click on one of these links to learn more about:

- Stretching Guide for Soccer
- Guide for Selecting Soccer Equipment
- Soccer - Common Injuries

Physical Therapy Specialists provides services for Physical Therapy in Guilford and Old Saybrook.