



# Sports Rehabilitation and Therapy at Fyzical West Plano



Whether you're a competitive athlete or a weekend warrior, it's frustrating when an injury keeps you from the activities you love. Physical therapists at FYZICAL Therapy & Balance Centers understand how important it is to get back to your sport as quickly and safely as possible.

Not only do we help you heal and hasten your recovery, but we go the extra mile to teach you how to minimize your risk of re-injury. Many [sports injuries](#) result from overuse, lack of rest, improper warm-up, or poor conditioning. FYZICAL therapists will address these issues with you, show you proper body mechanics and suggest appropriate stretching, strengthening and conditioning exercises for you.

To make an appointment call us at - 972-996-4660 or mail at - [westplano@fyzical.com](mailto:westplano@fyzical.com) or visit - <https://www.fyzical.com/west-plano-tx>