

# DAVIS PHYSICAL THERAPY & SPORTS REHAB

## **Davis Physical Therapy & Sports Rehab Launches Virtual ACL Support Group to Help Manage the Hidden, Lifelong and Life-Changing Impacts of Sports Injuries**

Davis Physical Therapy and Sports Rehab (Davis PTSR), a high-caliber physical therapy facility treating sports injuries, post-operative rehabilitation and joint pain, has stepped up to address the challenges facing athletes young and old who are recovering from an ACL injury. Scheduled to launch on Sunday October 30th, Davis PTSR has partnered with the Elite Mind Academy (EMA) to offer a mental skills support group, which will serve as a safe space for sharing personal experiences and learning various skills to assist in the pre-, during and post-injury phases of performance and rehabilitation. The facility, which also provides spine care and neurological and concussions treatment, will highlight a different topic in each meeting.

Owner Dr. Andrea Davis, PT, MS, DPT and EMA put great thought into developing the program and surveyed current and past patients to ensure it would best serve those who may be suffering from the non-physical impacts of injury. The results showed a clear trend in both respondents concerns and interests, including the fear of re-injury, mental strategies for pain/stress management, building confidence and "controlling the uncontrollables." Of the respondents, there was great enthusiasm in holding such a group monthly with 70% being interested or very interested and a number even shared their fears in the open comments section before the group's first meeting. The survey also showed the wide age range of those who are looking to participate with 60% between 16 and 20 years old and another 15% over the age of 50.

"Every ACL injury is different yet no matter the severity, the road back is hard work. But the effects of an ACL or any injury reaches far deeper than the sport," said Dr. Davis, remarking on the often-overlooked emotional toll recovering athletes experience - something that is deep-seated and equally as individual as the injury itself. "Through my work as a Campus Captain Advisor for The Hidden Opponent (THO), it is clear that greater focus needs to be placed on mental health and the risks of depression and anxiety - struggles that can be lifelong and life-changing. We want to do our part."

Founded in 2016, Davis Physical Therapy and Sports Rehab delivers high-caliber physical therapy treatment to clients of all ages and specializes in the application of cutting-edge technology for rehabilitation and sports performance. In addition, the facility offers post-operative rehabilitation, joint pain therapy, spine care and neurological and concussions treatment. Patients receive focused attention and hands-on care with a collaborative approach that harnesses the combined individual expertise of the team's physical therapists to create a custom plan of care for each patient. Located in the Stokes Medical Building at 639 Stokes Road, Medford, New Jersey, David PTSR offers flexible scheduling Monday through Friday with evening appointments available. For more information, visit [davisptsr.com](http://davisptsr.com) or call (609) 451-5404.

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