

# SERC *Physical and Hand Therapy*

## Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559  
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### SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
  - spinal disorders
  - pre/post-op surgical disorders
  - repetitive stress disorders
  - hand and upper extremity injuries and disorders

### CLINICS

- Belton/Raymore
- Blue Ridge Tower
- Clinton
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

## IN THE CLINIC | Overhead Sports Injuries

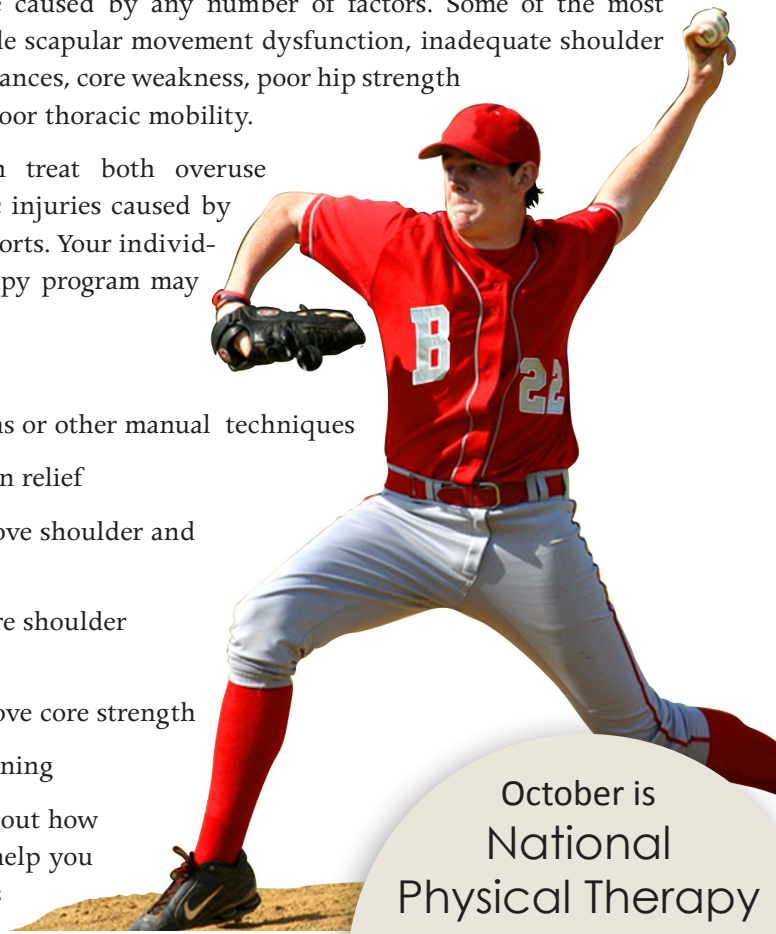
What do softball, basketball and swimming have in common? In addition to the obvious answer—they're all sports—each has the potential to result in shoulder injuries, as can any sport that involves overhead motion. Athletes may experience shoulder tendonitis or bursitis, dislocation or shoulder instability, rotator cuff tears, SLAP tears and chondral lesions.

These injuries can be caused by any number of factors. Some of the most common causes include scapular movement dysfunction, inadequate shoulder mobility, muscle imbalances, core weakness, poor hip strength or hip mobility and poor thoracic mobility.

Physical therapy can treat both overuse injuries and traumatic injuries caused by overhead motion in sports. Your individualized physical therapy program may include:

- » Patient education
- » Joint mobilizations or other manual techniques
- » Modalities for pain relief
- » Exercises to improve shoulder and scapular strength
- » Stretches to restore shoulder mobility
- » Exercises to improve core strength
- » Sport-specific training

Talk to your doctor about how physical therapy can help you return to the activities you enjoy.



October is National Physical Therapy Month

For more information on how Physical Therapy could benefit you, visit [moveforwardpt.com](http://moveforwardpt.com)

### MEET THE STAFF

## Jason Langford, PT, ATC

Jason lives here in Leavenworth County and is the owner/operator of SERC of Lansing. He has been a physical therapist for 7 years and an athletic trainer for 14 years. Jason completed his undergraduate work at Southern Nazarene University. He earned his Physical Therapy Degree from KU Med. In his spare time, Jason enjoys biking and watching his daughters' various events and activities.