

Introduction to Injury Care

Physical Therapy in Avon for Injury Care

Welcome to the BodyFiT Physical Therapy resource for injury care.



At BodyFiT Physical Therapy we look forward to helping you achieve optimal health and recover from injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting BodyFiT Physical Therapy, your physician or a qualified specialist first.

At BodyFiT Physical Therapy we offer Physical Therapy, Cupping, Dry Needling, Mobilization, Manipulation, Sports Massage Therapy, IASTM, Therapeutic Exercise, Mobility Training, Ergonomic Evaluation, Aquatic Therapy Instruction and look forward to working with you to enjoy maximum mobility and avoid injuries.

Articles

[Acute Injury Care](#)

[R.I.C.E.](#)

[Inflammation](#)

[Cast Care](#)

[Postsurgical Infection](#)