

Sports Recovery



**Catholic
Health**

Physical Therapy
& Rehabilitation

Maximize your physical recovery after strenuous games, practices & training sessions.

Our primary focus is Injury Prevention and Performance Enhancement.

Sport Physical Therapists & Board Certified Sport Physicians address each athlete's needs.

State-of-the-art services & resources

- Full submersion cold tubs (one athlete at a time)
- Electric Stimulation (MarcPro®)
- Intermittent Compression (NormaTec®)
- Therapeutic Cupping
- Kinesio-taping
- Hands on, individualized care
- Injury Screens with our Physical Therapists and easy access to a team of Orthopedic Sports Medicine Physicians

Services are FREE

Sundays 10 am–1 pm

Commack and Centereach ONLY
(No appointment required)

Monday–Thursday

by appointment at all locations

Locations

500 Commack Road, Commack
(631) 784-1960

2100 Middle Country Road, Centereach
(631) 580-2526

77 Route 112, Patchogue
(631) 207-2370

3 Technology Drive, East Setauket
(631) 751-8000

761B Merrick Avenue, Westbury
(516) 421-4270



chsli.org/services/sports-medicine