

How Important is an Injury Risk Assessment?

No matter what your sport; on the field, court, track, or mat, minimizing downtime and missed work or school is critical.

Athletes can't afford to miss one practice, game or event.

TexPTS physical therapists are experts in assessing risk for hard to predict injuries and identifying steps that keep you playing.

Don't get stuck on the sidelines with an injury that could have been prevented.



How do I get an Injury Risk Assessment?

TexPTS' Bulverde, Stone Oak, San Marcos, Balcones Woods, and Bee Caves clinics offer injury risk assessments with therapists who are certified in Functional Movement Screens and Y-Balance Tests. **Call TexPTS to schedule your injury screen today.**

Bulverde/Spring Branch Clinic

184 Creekside Park, Ste. 200
Spring Branch, TX 78070
(830)980-4565

Stone Oak Clinic

2550 Huebner Road, Ste. 104
San Antonio, TX 78258
(210) 494-5122

San Marcos Clinic

1550 Hunter Road, Ste. 1104
San Marcos, TX, 78666
(512)396-5123

Balcones Woods Clinic

5114 Balcones Woods Drive, Ste. 306
Austin, TX 78759
(512)794-8863

Bee Caves Clinic

3201 Bee Caves Road, Ste. 152
Austin, TX 78746
(512)306-8071



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WITH AN INJURY
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What is a TexPTS Injury Risk Assessment?

An Injury Risk Assessment is a movement-oriented test to assess an athlete's risk for injury before it happens. TexPTS physical therapists use these test results to further reduce the risk of injury and to identify performance enhancing strategies for the athlete. They also can share the interpreted results with coaches, trainers and physicians.

The Injury Risk Assessment includes:

- **Functional Movement Screen:** A test to determine “how well you move” to discover hidden weaknesses before they affect performance or turn into injuries, magnifying an athlete's potential.
- **Y Balance Test:** Quick and easy balance-based test used to assess an athlete's risk for injury. It is highly accurate and can also be used for measuring pre and post rehabilitation performance, improvement after performance enhancement programs, and return to sport readiness.



Who else is using these screens?

The National Football League, The Texas Rangers, Indianapolis Colts, Atlanta Falcons, Baltimore Ravens, Buffalo Bills, Baylor University, Chicago Bears, Cincinnati Bengals, Cleveland Indians, Green Bay Packers, Indianapolis Colts, New York Jets, Oakland Raiders, San Francisco 49ers, Stanford University, Texas A&M University, University of Georgia, United States Military, University of Texas, University of Maryland, University of Wisconsin, University of Missouri Basketball, Ohio State University, Oklahoma City Thunder

