

ATHLETICS

Peak Physical Therapy Expands

Norwell resident Eric Edelman, owner of Peak Physical Therapy, also in Norwell, recently opened a new location in Quincy at 2300 Crown Colony Drive. Peak Physical Therapy, with locations in Scituate and Norwell, specializes in Sports Therapy, Spine Therapy, Orthopedics, Women's Health, Vestibular Disorders, and TMJ. In addition to treating patients with hands-on manual therapy and high-tech treatment and training, Peak also has an aquatic program for patients with severe pain and those benefiting from reduced weight-bearing exercise.

"The greatest part about working with kids in our Sports Therapy Program is that, in addition to helping them get back into the game, most times they actually expand and enhance their skill set," said Eric.

According to the Center of Disease Control, nearly 30 million children and adolescents participate in youth sports in the United States, with 3.5 million children under the age of 14 receiving medical treatment for sports injuries each year. Over-training injuries account for almost half of the injuries in middle school and high school participants.

Peak Physical Therapy has offices in Quincy, Scituate, and Norwell. Treatment at Peak joins art and science through hands-on manual therapy and high-tech treatment and training. Peak Physical Therapy also has an aquatic program for patients with severe pain and those benefiting from reduced weight-bearing exercise. Visit www.peaktherapy.com for more information.



Norwell Resident Eric Edelman, right, physical therapist and owner of Peak Physical Therapy in Norwell works with Connor Curran from Cohasset to increase core strength, balance, and coordination.