

Peak Physical Therapy launches new Return-to-Sports Program

Peak Physical Therapy & Sports Performance announced a new Return-to-Sports Program at the Hanover clinic at the University Sports Complex, 645 Washington St.

The program will allow athletes to complete their rehabilitation and experience a proper, safe transition back to their specific sport.

The clinic at the University Sports Complex will provide turf or hard courts, depending on the sport, that can be used to perform sport specific exercises for rehabilitation.

The program is led by Peak's director of athletic partnership Al Blaisdall and Zach Wagner who will be in direct communication with the athlete's athletic trainer and doctor to ensure a safe transition.

Blaisdall has served as the

certified athletic trainer for Hingham High School for the past 26 years and will continue to serve in that position.

He was recently inducted in the Hingham High School Athletic Hall of Fame.

Prior to joining Peak, Blaisdell was a clinical director at ATI Physical Therapy in Norwell.

A native of the South Shore, he earned a bachelor's degree in Athletic Training from Northeastern University and a Physical Therapy Assistant Degree from Newbury College. He is a member of the National Athletic Trainers Association and the APTA.

Wagner's areas of expertise include treating athletes of all ages, specifically with swimmers, throwers and overhead athletes. In addition, he is trained to treat

vestibular disorders.

He is of the belief that educating patients is one of the most important aspects of the rehabilitation process.

Wagner received his Doctorate of Physical Therapy from the Massachusetts General Hospital Institute of Health Professions and is also a Certified Strength and Conditioning Specialist.

"We are thrilled to bring this innovation treatment program to the South Shore," said Eric Edelman, owner of Peak Physical Therapy & Sports Performance. "When we opened our clinic at the University Sports Complex our intention was to use the facility's training areas for our patients' treatments. The inclusion of working directly with the treating physician and athletic trainer brings our treatment for athletes to a whole new level."

