

# TESTIMONIALS

*"My daughter was injured playing soccer, and what started as a time of great concern, became one of the best things that could have happened. That injury lead us to Glynn Hunt, our physical therapist. Until we came to Glynn, we did not even know we had been getting sub-par care. I was shocked when he showed me the deficits of my "healthy" daughter.*

*We were thrilled when we saw what a difference Glynn's training made with her on field performance. Not only did it decrease her risk of injury, but she was faster, stronger, and more powerful. She also had a confidence in her body that I have not seen before. I urge everyone to have their child checked by Glynn regardless of whether you think they are healthy or not. If you want to protect your athlete, and have them perform better... Go see Glynn." - L.C.*



*"I experienced mediocre therapists at the beginning of my recovery, but I also had the opportunity to meet Glynn who in my opinion is the best therapist I had ever had. I know that the opportunity to work with him is the reason I recovered completely." - I.N.*



*"I came to Glynn after spending two weeks at a well-known "chain style" physical therapy outfit here in the Philadelphia area. I had experienced complications following ACL reconstruction surgery and I needed serious rehabilitation and therapy. From the moment I walked in the door, Glynn was attentive and professional. If it wasn't for Glynn's top-notch advice, in-depth knowledge and overall positive attitude and support, I would not have made it back to where I am today. I'm back playing soccer and jogging and I owe a great deal of credit to Glynn for being able to pursue these activities again. Glynn is a terrific physical therapist and I highly recommend him to anyone who requires physical therapy and rehabilitation services." - W.P.*



*"I had the good fortune of meeting Glynn when my thirteen year old daughter sustained a right quadriceps tear playing soccer. In pain, and unable to play the sport she loves - my daughter was devastated! Dissatisfied with the "sports rehab" department of a local hospital as well as the "assembly line" approach at a local private physical therapy company, I was beginning to doubt I would find the right care for my daughter. Luckily, I was referred to Glynn (by Dr. Joe DeCarlo). Thanks to Glynn, when my daughter returned to soccer she was healthy and strong. As a mom and registered nurse, I have very high standards and expectations for the care my family receives. It gives me great piece of mind knowing we can count on Glynn if we ever should need him. Thanks Glynn." - J.D.*

# ABOUT US

OSP is revolutionizing physical therapy. From the onset OSP has challenged the traditional physical therapy business model. Breaking away from typical practices, and forging ahead in new directions of patient care and practice management.

OSP was founded by Dr. Glynn Hunt, a New Zealand born physical therapist. OSP is the collaboration of his education and experience from both New Zealand and the U.S., creating a truly unique clinic.

Dr. Hunt is a former collegiate and international basketball player. He understands an athlete's mentality, what it takes to compete in high level sports, and how to stay healthy. OSP's combination of education and personal experience strikes a perfect balance for working with athletes.

Our company is structured to ensure patient recovery, not profit, is always our first priority. We reward staff based upon your recovery. This way our patients can be assured our therapists are always doing the best for them. *The better you do the better they do.* We streamline your care by using the most effective treatments to speed recovery and reduce your costs.

We are proactive. We perform screenings to identify risk factors for injuries before they happen, and training to correct them. Additionally, we offer programs to help prevent or delay surgery, and pre-surgery training to improve recovery following surgery.

We choose to hold ourselves to a higher standard. We hold ourselves accountable for your care and recovery, just as much as you should. We can confidently say that once you come here and experience physical therapy with us, you will go nowhere else.

## COME EXPERIENCE THE DIFFERENCE

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HOURS  
m-th 8am - 8pm  
f 8am - 5pm  
sat by appt

# PROTECT YOUR ATHLETE



## PERFORMANCE ENHANCEMENT & INJURY PREVENTION



ORTHOPAEDIC & SPORT PHYSIOTHERAPY

Visit us online for more!

REVOLUTIONIZING PHYSICAL THERAPY



## Orthopaedic & Sport Physiotherapy Prevention Program

In today's competitive sports environment the difference between those athletes who excel and those that do not can come down to who manages to stay healthy and minute differences in performance.

OSP<sup>3</sup> was developed in response to an increasing number of athletic injuries. OSP<sup>3</sup> identifies and corrects factors in your athlete that increase their risk of injury and decrease performance.

Our program, offered exclusively by OSP, is comprised of an individualized assessment and optional training. The benefits of OSP<sup>3</sup> include;

- Decreased risk of injury
- Increased speed
- Improved endurance
- Increased power
- Optimized performance

Assessment includes;

- Medical History
- Static Assessment
- Dynamic Assessment

Training includes;

- Flexibility
- Strength
- Balance
- Core Stabilization
- Biomechanics
- Plyometrics
- Sport Specific Integration

## GROUND ATHLETES

Basketball, Football, Soccer, Hockey, & Lacrosse



Every year in the United States an estimated 200,000 ACL-related injuries occur, with approximately 90-100,000 ruptures. Seventy percent (70%) of those injuries are non-contact injuries, with females being 2-8 times more likely to injure their ACL.

Fortunately, many of these injuries are preventable. Once identified many risk factors can be corrected through appropriate instruction and training. Research has proven that ACL prevention programs can significantly reduce the incidence of ACL- injuries.

A number of prevention programs are available but most do not correct the deficits, nor offer the individualized guidance needed to decrease injury risk. OSP<sup>3</sup> identifies and corrects the individual components necessary to decrease the risk of injury and increase performance. Each component is then integrated into sport specific activities to ensure transfer back into competition.



In our experience treatment of ACL-injury risk factors also leads to increased performance. Stabilization of the lower extremities and the core result in a more efficient force transfer. This is achieved by correcting biomechanical alignment and motor recruitment patterns. Energy, once wasted on extraneous movement, is saved improving endurance. Muscle force, once lost due to poor alignment, is refocused into purposeful movement, resulting in an increase in speed, power, and overall performance.



Our program provides each athlete with the individual attention and training necessary to decrease the risk of injury and optimize performance.

## OVERHEAD ATHLETES

Baseball, Softball, Tennis & Swimming

Overhead athletes have a unique paradox requiring extreme shoulder flexibility without a loss of joint stability. The job of maintaining joint stability falls upon 3 systems; Passive restraints, active restraints, and neural control. These components must work cohesively to maintain the shoulder in the correct position throughout the entire movement. Deficits in one area cause an increase in the demands of another, and typically result in injury and/or poor performance.



Passive restraints are the joint capsule and the surrounding ligaments, of which we have no control. Only active restraints and neural control are modifiable through training. Active restraints are muscles and their ability to generate the forces needed to hold the shoulder stable. Neural control is the ability to coordinate those muscle forces to increase stability and maintain correct alignment. Additionally, neural control includes activity anticipation and the immediate correction of any movement errors.

The ability to maintain the correct alignment and biomechanics plays an important role in injury prevention and increased performance. Increased shoulder stability also improves the transfer of power from the lower body to the arm.



Another vital aspect of injury prevention and performance enhancement is the attachment of the shoulder blade to the back. This junction is stabilized solely by muscles. Poor strength in these stabilizers can lead to injury, and can result in a decrease in performance.



OSP<sup>3</sup> identifies deficits and provides individualized training and instruction to decrease risk of injury and maximize performance.

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