

Work Activities

Physical Therapy in Central Illinois & Western Illinois for Work Activities

Welcome to the Advanced Rehab & Sports Medicine Services resource for work activities.



At Advanced Rehab & Sports Medicine Services we look forward to helping you recover from work related injuries. Whether you spend your day at the computer, sitting at a desk, standing or lifting, we can work with you to design a program that will help you avoid or recover from work injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Advanced Rehab & Sports Medicine Services, your physician or a qualified specialist first.

At Advanced Rehab & Sports Medicine Services we offer Physical Therapy, Wellness, Work Conditioning, Functional Capacity Exam, & Free Pain Consultation and look forward to working with you to enjoy maximum mobility and avoid injuries.

Articles

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