

# Services

## Overview

**Advanced Physical Therapy & Sports Medicine Clinic** is a comprehensive physical therapy center specializing in Sports Medicine and Orthopedic Rehabilitation. Clinical Director Dr. Damon S. Williams, PT, DPT, S.T.S., C.E.S., has more than 15 years experience in his beloved field. Advance P.T. provides evaluations and treatments of a variety of acute/chronic pains, injuries due to overuse of muscles, auto accidents, workers compensation and sports injuries. Advanced P.T. was voted as one of the top medical practices in Atlanta by Creative Loafing Newspaper in 2006, 2011, and 2012. Advance P.T. is also the official physical therapy clinic for the Atlanta Visions (Pro Basketball Team ABA League) and Miller Grove High School basketball team (7 time State Basketball Champions 2009-2015).

The staff of Advanced Physical Therapy believes that early intervention and a rehabilitation approach will return you to a pain-free, active and exhilarating lifestyle.

If are you are currently living in pain from a recent accident, surgery, work injury, medical diagnosis for example a stroke, cancer, arthritis or sports injury. Advanced Physical Therapy and Sports Medicine Clinic is "Where is your Healing Begins."

We want to help you understand what physical therapy is and how it will work for your specific need. In addition we feel that your physical therapy experience should be positive, comfortable and healing for your mind, body and soul.

### **What is Physical Therapy?**

Physical Therapy also known as physiotherapy, is a unique field of health care that aids patients recovering from various types of temporary and permanent injuries, disabilities and impaired movements.

### **What to expect from Physical Therapy**

At your first treatment your Physical Therapist will evaluate and assess your condition. He/She will then set up a treatment plan that is specific to your needs requiring you to be seen 2-3 times per week, lasting 45-60 minutes each visit. Treatment plans are hands on, safe, and designed to strengthen and relieve you of pain encouraging your body to recover in the shortest time possible. Therapeutic treatments include, but are not limited to exercise, water, heat/ice, electrical stimulation, traction and ultrasound. It is important for the patient to feel comfortable with your therapist and understand that he/she is a skilled, licensed professional who is willing to answer any questions or concerns that you may have concerning your condition or treatment.

**Learn about our state of the art anti-gravity treadmill used by Los Angeles Lakers and Atlanta Falcons in the upper right hand corner of this page.**