



The Missing Link

‘Proprioceptive training for injury recovery’

Honsberger Physiotherapy and Biomechanics Clinics takes the next steps towards complete end stage injury recovery.

Honsberger Physiotherapy has teamed up with Sport Sciences International to provide a proprioceptive re-training clinic.

Nerve damage is often over looked in simple ankle sprains and more serious knee and leg injuries. While therapists do a great job in repairing the equipment the communication system – nerves are often missed or poorly re-trained.

Effective athletic joint movements are really a function of accurate visual input, proper cognitive processing and accurate speedy communication in sport specific situations.

“This has always been hard to evaluate and re-train” states Kevin Honsberger BSc.P.T.. Failure to address these needs in recovering athletes only leaves them vulnerable to another injury, due to slower reaction times.

Realizing this deficit we have now implemented a proprioceptive / reaction re-training system for our recovering athletes. By incorporating several systems we can now effectively evaluate the status of an athletes visual ability and neural communication system. In doing so we can customize programs for each individual athlete to allow them to return to a high level of athletic performance.

This program applies to a variety of injuries across a wide spectrum of sports. For more information visit our website www.honsbergerphysio.com or contact Kevin Honsberger directly at honsphysio@rogers.com