

# Introduction to Sports

## BUILDING BETTER ATHLETES

We are dedicated to helping active people and athletes of all levels perform their best and avoid injury through rehabilitation and sport-specific programs. We help Olympic, professional, competitive and amateur athletes of all ages take their game to the next level! Whether your goal is to hit it out of the park, score the winning goal, or just get back to what you enjoy most we will help you perform at your best.

Using a whole-body approach, we help you maximize both your body and brain performance. Whether your goal is to hit it out of the park, score the winning goal, or just get back to what you enjoy most, we will help you perform at your best!

This particular area of our website contains information related to a variety of sports and activities. This is designed to be a resource to you, so that you may educate yourself on the best exercises you can do to stay at the top of your game.

### Current Sports:

- [Baseball](#)
- [Basketball](#)
- [Cheerleading](#)
- [Cricket](#)
- [Cross Country Skiing](#)
- [Cycling](#)
- [Dance](#)
- [Exercise](#)
- [Field Hockey](#)
- [Figure Skating](#)
- [Football](#)
- [Golf](#)
- [Hockey](#)
- [Kickboxing](#)
- [Lacrosse](#)
- [Rugby](#)
- [Running](#)
- [Skiing](#)
- [Tennis](#)
- [Snowboarding](#)
- [Soccer](#)
- [Squash](#)
- [Swimming](#)
- [Volleyball](#)
- [Weightlifting](#)
- [Wrestling](#)

The staff at Honsberger Physio+ looks forward to helping you improve your performance, and we are excited to help you get better every day you play.

We continually update our information, so check back regularly to find out what specific information and content has been added that can aid you in succeeding in your sport.

Finally, please be advised that this area is designed to provide you with general information. Please do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Honsberger Physio+, your physician or a qualified specialist first.

At Honsberger Physio+ we offer:

- + Sports Injury Recovery
- + Vision Training
- + Athlete Development
- + Sport-specific Testing
- + Personal Training and Fitness Programs
- + Baseline Concussion Testing + Recovery
- + Individual and Team Training