

PRESS RELEASE

NEW PHYSICAL THERAPY FACILITY NOW OPEN IN VALLEY COTTAGE, NY. EMPIRE SPORTS PHYSICAL THERAPY & REHABILITATION OPENS ITS DOORS TO THE COMMUNITY

Newly constructed with the patients rehabilitation process in mind, Empire Sports Physical Therapy & Rehabilitation is focused on patient-first care with an open treatment space, abundance of light and a friendly environment.

Valley Cottage, NY - January 22, 2018

Along the busy strip of Route 303 just north of the Palisades Center Mall, in the hamlet of Valley Cottage, Empire Sports Physical Therapy and Rehabilitation opened its door to the community on January 29, 2018. A full service physical therapy and sports performance practice specializing in the rehabilitation of all types of orthopedic conditions, surgical recovery, sports injuries and sports performance training.



With over 17 years of experience in the treatment of orthopedic conditions, sports injuries and patients rehabilitating from surgery, David Stedjan, owner and physical therapist at Empire Sports Physical Therapy & Rehabilitation, is happy to bring his expertise to the Clarkstown community to help people live a pain free life.



When asked how he develops his patients plan of care, David simply stated “I believe that patients should be treated as a whole and not just a diagnosis.” He continued on and explained, “I strive to attain this through the use of specific exercises in conjunction with the appropriate types of manual therapy so the patient can return to their previous level of function as soon as possible.”

David also earned his Orthopedic Clinical Specialty Certification by the American Board of Physical Therapy Specialties in 2006 and is dedicated to not only treating his patients conditions, but educating them as well. When asked why Physical Therapy is a success for so many, David replied, “if a patient comes to therapy and just goes through the motions, but doesn’t understand why pain might return or how to keep it from coming back, than therapy will not be successful for them.” He added, “like with many things, education on a topic is the key to success.”

David resides in Clarkstown with his wife and two children and started Empire Sports Physical Therapy and Rehabilitation to be a resource to his neighbors and the community as a whole.

Advocating the “PT for Life” concept, Empire Sports Physical Therapy and Rehabilitation will continue to service the community with excellent patient care as well as free lectures on relevant health and wellness topics.

For more information about Empire Sports Physical Therapy and Rehabilitation please visit www.empiresportspt.com or call 845-675-8444 to schedule an appointment.



Media Contact

Annamarie Stedjan

Marketing Director

Empire Sports Physical Therapy & Rehabilitation

astedjan@empiresportspt.com

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