

BYoung Physical Therapy The Running PTs



Our Goal

At BYoung Physical Therapy and The Running PTs the goal is two-fold: to get patients feeling better quickly, and to determine and address the initial cause of the injury.

Specialized and Focused Physical Therapy

BYoung Physical Therapy and The Running PTs were founded on the concept that physical therapy should be one-on-one and patient focused.. Patients consistently work with the same specialized therapist resulting in an increased time for manual therapy and quicker return to sport.

Our Services

At BYoung Physical Therapy and The Running PTs our therapists specialize in treating upper extremity and lower extremity injuries, respectively. Specialty techniques include manual therapy, dry needling, myofascial release, soft tissue mobilization, and biomechanics. We offer two skilled specialty clinics that are patient centered. We can get you feeling better fast.

Musculoskeletal Ultrasound

The use of musculoskeletal ultrasound allows our therapist to see real-time images in order to evaluate soft tissues, detect fluid collection, and visualize structures that we wouldn't be able to see otherwise. These images enable our therapists to make a better prognosis, to monitor treatment effectiveness, and more accurately target their treatment. Our therapists are able to use soft tissue mobilization, manual therapy, and dry needling to target areas of concern that are unveiled with musculoskeletal ultrasound.

Biomechanics

We perform two-dimensional and three-dimensional analysis of runners and throwing athletes. At The Running PTs this technology enables our therapists to be able to improve running economy, solve recurring running injuries, and prevent running injuries. At BYoung Physical Therapy we are able to use this data increase a pitcher's velocity, solve recurring injuries, and prevent injuries.



BYoung
PHYSICAL THERAPY



THE
RUNNINGPTs
POWERED BY **BYoung**

2121 E Williams Street, Suite 108
Apex, NC 27539
(919) 372-8412
info@byoungphysicaltherapy.com
byoungphysicaltherapy.com

570 New Waverly Place, Suite 120
Cary, NC 27518
(919) 803-3398
info@therunningpts.com
therunningpts.com