

SPORTS

MEDICINE

YOUR COMEBACK STARTS HERE.



Agility for Sports Health & Performance
Physical Therapy & Sports Performance 

GET BACK INTO THE GAME.

No matter what you play, our dedicated team of experienced physical therapists understands the demands of your sport, how to train for your position and how to assess your individual needs.

Physical Therapy: You are treated like a PRO. Our expert staff at Agility Physical Therapy & Sports Performance takes a comprehensive approach to treating each person as an individual. With over 125 years of combined experience, our goal is to optimize function to allow every athlete to safely return to the field, court and road as quick as possible. We are athletes treating athletes.

Specialty Programs

- Sports Physical Therapy and Post-operative Rehab
- State-of-the-art Videotaped Walking and Running Gait Analysis with Shoe and Orthotic Recommendations
- Post-Partum Athlete and Just for K.I.D.S. Program
- Performing Arts and Dance Medicine Program
- Golf Functional Integrated Training (F.I.T.) Program
- Plyometric and Injury Prevention Training Program (S2 P.E.A.K. Training at Agility)
- Consulting Services: Sport Psychology, Sports Nutrition and Professional Bike Fitting
- Injury Prevention Workshops and Lectures
- Collaborative Relationship with Sports Medicine
- Fellowship-Trained Physicians and Surgeons
- Pre-season Injury Screening, Community Event and Side-line Medical Coverage

Our Expert Staff

- Board Certified Clinical Specialists in Orthopedics (OCS) and Sports (SCS) Physical Therapy
- Certified Strength & Conditioning Specialist
- Certified Golf Fitness Instructor (Titleist Performance Institute)
- Advance Training in Biomechanical Analysis for Lower Quarter Injuries



Portage Location

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Kalamazoo Location

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