

Introduction to Injury Care

Physical Therapy in San Jose for Injury Care

Welcome to the Competitive Edge Physical Therapy resource for injury care.



At Competitive Edge Physical Therapy we look forward to helping you achieve optimal health and recover from injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Competitive Edge Physical Therapy, your physician or a qualified specialist first.

At Competitive Edge Physical Therapy we offer Physical Therapy, Running Gait Analysis, Return To Sport Testing, Strength And Conditioning, Walking Gait Analysis and look forward to working with you to enjoy maximum mobility and avoid injuries.

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