Seattle Children’s
Sports Physical Therapy for Athletes with Disabilities Program

Leadership
Laura Crooks, OTR/L, Director, Rehabilitation
Mimi Racicot, DPT, Manager, Sports Rehabilitation

Most Frequently Treated Conditions
We address a wide range of sports injuries, including:
- Ankle sprains
- Elbow pain
- Fractures
- Hip pain
- Knee pain
- Shoulder strains and sprains (including overuse injuries from wheelchair sports or swimming)
- Throwing and overhead sports injuries
- Neck and back pain

Services We Offer
Our comprehensive services include:
- Biomechanical analysis and sports rehabilitation
- Modalities (ultrasound, electric stimulation, transcutaneous electrical nerve stimulation [TENS])
- Pool therapy (Seattle only)
- Pre-participation screening
- Rehabilitation before and after surgery
- Return-to-sport testing
- Taping and bracing
- Individual video analysis
- Help with fitting and biomechanics of adaptive equipment

Learn More:
www.seattlechildrens.org/sports-physical-therapy/

One-of-a-Kind Rehab and Prevention
Seattle Children’s is the only Seattle-area provider offering specialized sports injury rehabilitation for athletes with disabilities. We focus on helping school-age children and adolescents with disabilities heal after sports injuries or sports injury-related surgery. We work with athletes at any skill level who want to return to play, prevent injuries and improve overall performance.

Our licensed physical therapists provide sports and orthopedic rehabilitation for children who may have:
- Neurologic or developmental disabilities such as cerebral palsy and other neurological disorders
- Spina bifida
- Spinal cord injuries
- Down syndrome
- Cancer
- Muscular dystrophy
- Blindness
- Deafness
- Stroke or traumatic brain injury
- Orthopedic disabilities including skeletal dysplasias, amputations or limb differences

We partner with the patient’s rehabilitation provider, primary care provider, other members of the patient’s medical care team, families and/or coaches to develop each patient’s treatment plan. And we also work closely with adaptive equipment vendors to make sure we get the best equipment and fit for each patient in their sport. Our primary goals are to safely return each child to play and to prevent future injuries.
Meeting the Unique Needs of Athletes with Disabilities

All of our licensed physical therapists have advanced training in pediatric rehabilitation, with specialties in orthopedic and neurologic deficits, injury prevention, posture and body mechanics, video analysis of running and gait, throwing and overhead sports, dance, gymnastics and team sports. Our experts understand the unique biomechanics of neurological issues and how they relate to orthopedic injuries. Our program includes board-certified orthopedic specialists, rehabilitation specialists, and therapists certified in sport-specific biomechanics, including Sportsmetrics, ballet, Pilates and golf.

We focus on how sports can affect a child with a disability’s growing muscles, joints and bones, and how to prevent injuries that could influence their ability to return to play. We create a custom care plan for every patient based on their disability, age, sport or activity, physical condition, adaptive equipment and performance goals.

As part of each assessment and treatment, we continually evaluate specific movements such as balancing, throwing, kicking a ball, wheelchair mobility, swimming strokes, and modify exercises to improve functional performance. Our Physical Therapy Clinics are designed to accommodate school-age children through young adults.

If you would like a referral, talk to your primary care provider.
For appointments, please call 206-987-6400.