



Improve Performance



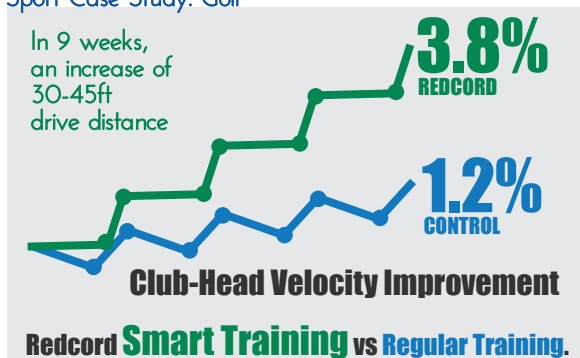
Intown Physical Therapy



Dr. Ingrid Anderson, PT, located in Old Fourth Ward, Atlanta, uses the latest evidence to evaluate clients who want to improve performance in any sport. She has advanced training in cutting-edge techniques including functional mobility and the Redcord® method of neuromuscular re-education: the smart way to improve muscle interactions and re-train your body for enhanced performance.

Gain Strength, Improve Performance, Prevent Injuries

Sport Case Study: Golf



Dr. Anderson, PT, promotes the use of smart training, Redcord® and other researched techniques to help athletes improve their overall performance, recover from injury and/or prevent future injury.

- Increase Speed
- Improve Mobility
- Decrease Pain
- Fight Plateaus

What are you waiting for?

CALL NOW TO SCHEDULE
A CONSULTATION:

404-883-2304

(Or schedule online)

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