



Excel Spine and Sports Rehab

At Excel Spine and Sports Rehab PC, our physical therapists will work with you, one-on-one, to help you move painlessly and efficiently.



While many of our patients come to us because of surgery or an injury, we also offer preventative care to patients, which studies have shown can decrease the probability of an injury.



Our physical therapists are biometric experts who will provide you with one-on-one attention in order to meet your goals, whether it's regaining normal mobility, pain free movement, or training for a race.

Start your path to wellness today!

CONTACT US

Randy Villard PT
Director of Physical Therapy



3705 Lakeview Parkway, Suite 105
Rowlett, TX 75088



Phone: 469-443-0458
Fax: 469-573-6918

Email: excelspineandsports@gmail.com



EXCEL

SPINE & SPORTS REHAB

"We EXCEL in Physical Therapy"

About Us

Excel Spine and Sports Rehab PC is a facility that is focused on providing rehabilitative therapy, physical therapy, and recovery support. Initially, we will conduct an evaluation with you in order to talk about your goals and needs. Our physical therapists will then make a comprehensive functional assessment from collected data about the injured area such as strength, range of motion, joint mobility, and muscle tone and contractibility. Those data provide us with information to evaluate your area of pain, as well as how the surrounding area contributes to your condition.

You can reach us at:

469-443-0458

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Meet Our Staff

The goal of physical therapy is to help restore normal function after injury or surgery and to provide strategies for injury prevention. Clients will work one-on-one with a therapist who will conduct a thorough examination and develop a plan specific to the needs of the client, that may include manual therapy or movement-based techniques.

Physical therapists are experts in movement, qualified to examine patients and develop treatment plans to improve mobility, reduce pain, restore function, and prevent future injuries. Treatment may include manual therapy techniques, various exercise strategies, and patient education.

After a rigorous two to three-year graduate program with a curriculum heavily focused on the sciences, therapists must pass the state board licensing exam for their state of practice. Some therapists continue in residency and fellowship programs or become board-certified in a specialty such as Orthopedics, Neurology, or Pediatrics.

Physical therapists are the healthcare practitioners with the most specialized education to help people improve motion and restore function.

OUR SERVICES

Below is the list of services that we provide here in Excel Spine and Sports Rehab PC:

- Chronic pain management
- Pre- and Post-surgical rehabilitation programs
- Cervical and lumbar spine strengthening and stabilization program including lumbar and cervical decompression
- Manual therapy including joint mobilization, spinal manipulation, myofascial and trigger point release, and other soft tissue mobilization techniques.
- Fall prevention program for seniors
- Various modalities such as Russian stimulation, cold laser therapy and spinal decompression
- Post-mastectomy program
- Total joint rehabilitation for shoulders, hips, and knees
- Orthopedic Injuries and Conditions
- Shoulder, Elbow, and Wrist Injuries

You may click on the items above to get to know the detail of each service, or you may call Excel Spine and Sports Rehab PC at 469-443-0458.

Our Mission STATEMENT

Our goal is to provide rehabilitative, therapeutic, and assistive programs that are focused on helping patients recover well so they can live and experience a full and active quality of life

The logo for Excel Spine & Sports Rehab features the word "EXCEL" in a bold, sans-serif font. The letters "E", "X", and "L" are blue, while the letters "C" and "E" are red. The "X" is stylized with a red outline.

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