

Sports Medicine Locations

NORFOLK

CHKD Sports Medicine in Ghent
702 W. 21st Street

CHKD Health Center at Kempsville
171 Kempsville Road

Children's Pavilion
401 Gresham Drive

CHESAPEAKE

CHKD Health Center at Oakbrooke
500 Discovery Drive

NEWPORT NEWS

CHKD Health and Surgery Center at Oyster Point
11783 Rock Landing Drive

CHKD Health Center and Urgent Care at Tech Center
680 Oyster Point Road

SUFFOLK

CHKD Sports Medicine & Therapy Services
5832 Harbour View Boulevard

VIRGINIA BEACH

CHKD Health and Surgery Center at Concert Drive
2021 Concert Drive
(outpatient orthopedic surgery only)

CHKD Health Center and Urgent Care at Loehmann's Plaza
3960 Virginia Beach Boulevard

CHKD Health Center at Landstown
1924 Landstown Centre Way

WILLIAMSBURG

CHKD Health Center at Lightfoot
6425 Richmond Road



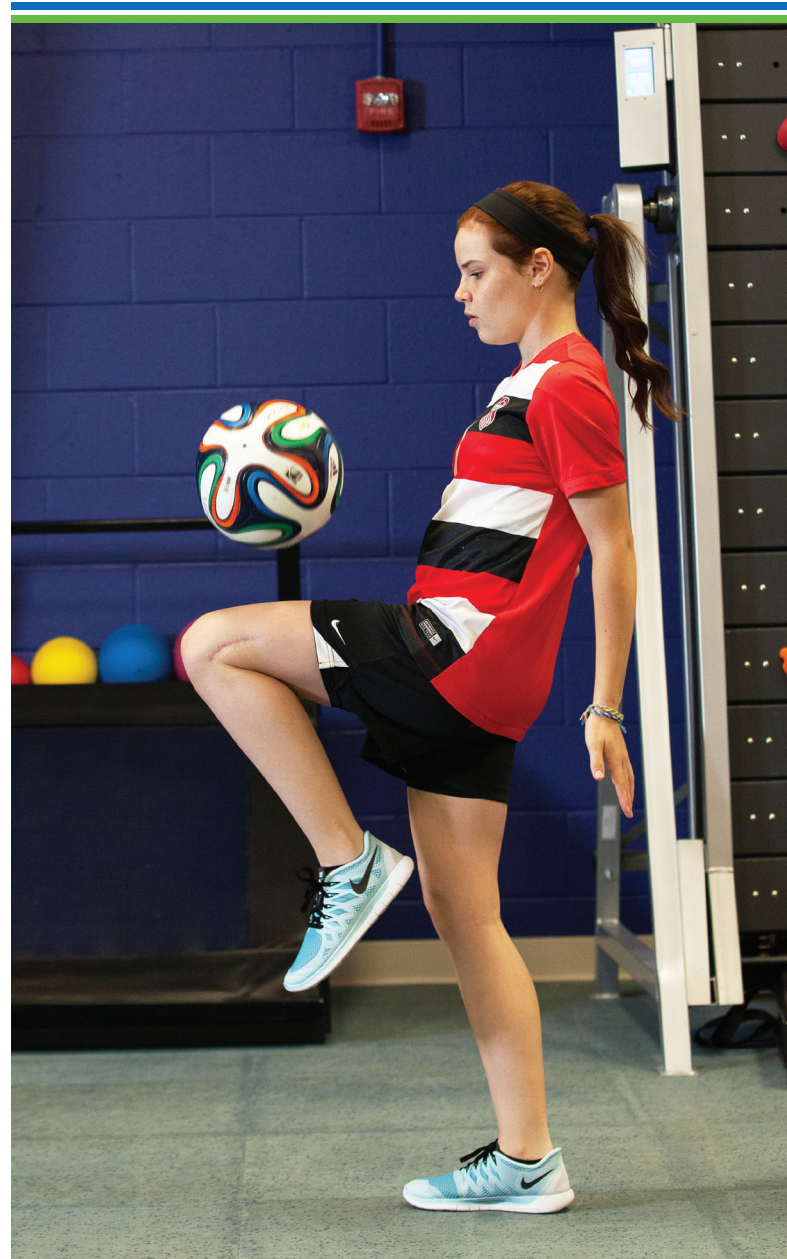
Sports Medicine

757-668-PLAY (7529)

[CHKD.org/SportsMed](https://www.chk.org/SportsMed)



Sports Medicine Physical Therapy



Sports Medicine

Sports Medicine Physical Therapy at CHKD

As the region's only comprehensive sports medicine program dedicated exclusively to young athletes, CHKD's experienced team of pediatric and adolescent sports medicine physical therapists is in a league of its own, making it the best choice for physical therapy for young athletes ... from little leaguers with overuse injuries to scholarship athletes with torn ACLs.

More and more children are participating in sports and suffering injuries. Whether they get hurt on the court, on the field, on the mat, or in the gym or studio, our specialized physical therapy services are designed to fit their specific needs.

At CHKD, young athletes receive treatment in an unique environment with other young athletes — making rehabilitation more fun and engaging. They work with therapists who specialize in the treatment of sports injuries in growing bodies, allowing athletes to get back in action as quickly as possible.

The sports medicine physical therapy team at CHKD is dedicated to providing the highest quality care for pediatric and adolescent sports medicine injuries in young athletes throughout the region. The team works closely with your child's physician and school athletic trainers to provide better coordination of care and oversight of the athlete's return to play.



Services Offered

- Therapeutic exercise.
- Functional training.
- Return to sport testing and training.
- Manual therapy.
- Modalities (including Cold Laser and GameReady).
- Post-operative rehabilitation.
- Aquatic therapy/swimming rehabilitation.
- Dry needling.
- Dance medicine therapy.
- Post-concussion syndrome rehabilitation.
- Vestibular therapy.
- Schroth therapy.
- Strong Girls - ACL injury prevention program.
- Sports performance training, team training, and group fitness.
- Motion analysis with Dartfish software for running, swimming, pitching, and jumping.

