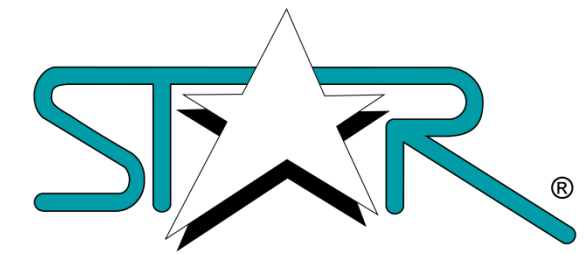


Our therapists treat
a wide range of
conditions.

Helping you return
to a more active lifestyle.



Sports Therapy And Rehabilitation

Feel Better Faster.

our approach

- Maximize recovery with the most progressive techniques and technology.
- Reduce pain and improve movement.
- Empower you with tools for long-term health and wellness.
- Provide unique low volume, individualized rehabilitation.

located at

1112 16th St. N.W., Suite 200
Washington, DC 20036

contact us

call: 202-223-1737
fax: 202-223-1738
email: info@starclinic.net

hours

Mon - Fri: 7:00am - 7:00pm
Convenient morning and evening hours.



WWW.STARCLINIC.NET



A wide variety of services to help you **feel better faster**

ORTHOPEDIC • NEUROLOGICAL • PERFORMANCE

ADVANCED MANUAL THERAPY

To facilitate a quick recovery, our therapists use manual therapy to address joint restrictions and soft tissue irritation. We have a variety of manual therapy skills in: joint mobilization and manipulation, myofascial release, craniosacral therapy, muscle energy techniques, positional release, and soft tissue mobilization.



TRIGGER POINT DRY NEEDLING

Used for muscular tightness and muscle spasm that commonly follow injuries. Helps to relieve pain and improve muscular tone.

CUSTOM ORTHOTICS

We evaluate and cast custom foot orthotics to address problems such as: plantar fasciitis, heel pain, ankle tendonitis, and neuromas.

SPORTS MEDICINE REHABILITATION

Our team understands how hard it is for injuries to keep you from doing what you love. We strive to provide the latest evidence-based treatments to get you healthy faster.

MASSAGE SERVICES

A licensed massage therapist with rehabilitation experience provides the therapeutic massage service. A variety of massage techniques are available.

SPECIAL SERVICES

- Foot/Ankle Expertise
- Back and Neck Care
- Post-Surgical Rehab
- Video Gait Analysis
- Balance Retraining
- Lymphedema Therapy
- Pilates Reformer
- Modified Yoga

DID YOU
KNOW



REHABILITATION SUPPLIES

Do you need supplies to make your rehabilitation easier? Ask your therapist about our rehab supplies.

NEWS TO USE

Did you know that we provide monthly wellness tips and suggestions? For seasonal and practical “News To Use” visit our blog at www.starclinic.net.

MONTHLY NEWSLETTERS

Did you see our monthly electronic newsletter with fun videos, health tips, and tasty recipes?



Check with your PT to see if these may be helpful for you.