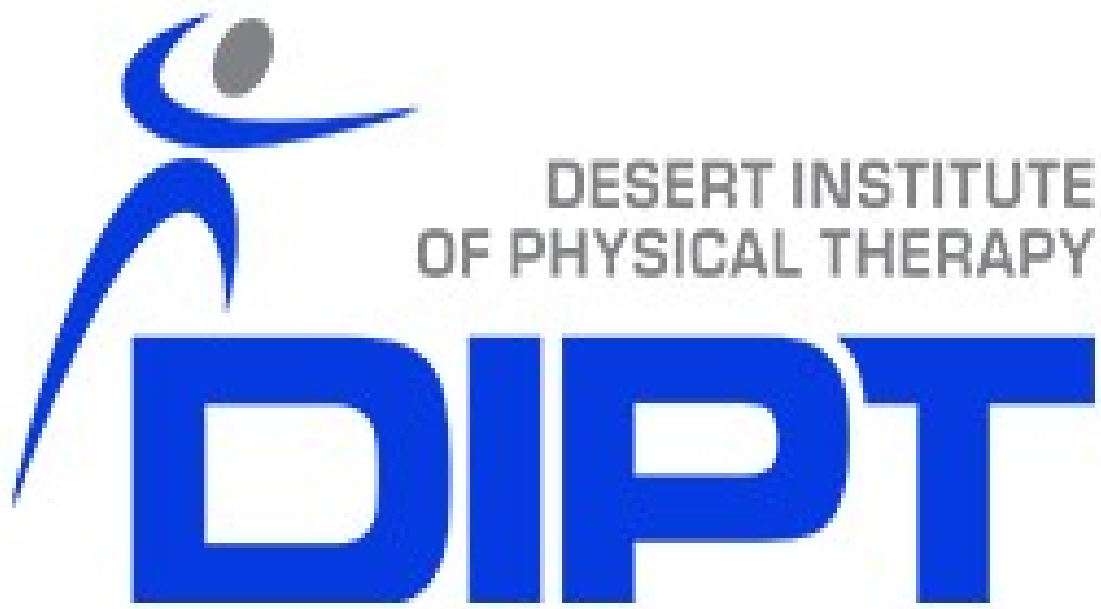




Desert Institute Announces Free Screenings For Physical Therapy In Scottsdale, AZ

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Scottsdale, Arizona's Desert Institute of Physical Therapy is now offering orthopedic screens to assess the risk of potential ACL injuries, and to help athletes improve sports performance levels. The clinic offers an injury prevent program that consists of individualized or group therapies, designed to reduce the risks of injuries while athletes are playing a variety of sports. In addition, they offer a sports specific rehabilitation program that is individualized and designed to assist players in returning to their games and reducing the risks of re-injury.

Studies have shown that female athletes are more predisposed to ACL injuries compared to male athletes, secondary to factors, such as muscle imbalance, biomechanics during athletic movements, and neuromuscular control. "Cee Cee and Arianna have composed a screening tool as well as exercises to assist in reducing the risk of ACL injury and reduce the risk of additional injuries most commonly seen in soccer," says Robb Blackaby of Desert Institute Physical Therapy.

Catherine "Cee Cee" Oderfer is a PT and DPT, and was a member of the NAU women's soccer team where she was team captain of the first Big Sky Championship team. Cee Cee was inducted into the NAU Hall of

Fame in 2014. She enjoys training young players and assisting in returning them to their chosen sports following injury.

Arianna Triassi, PTA, received her Bachelor of Science degree in Kinesiology in May 2011 from California Baptist University. Following this degree, she completed her degree as a Physical Therapy Assistant from Brookline College. Arianna has clinical experience in outpatient orthopedic clinics, specifically sports medicine. She was drawn to the physical therapy profession through her experiences as an injured soccer player; as she played collegiate soccer for 4 years, and was elected captain of her soccer team her senior year. She is passionate about helping people recover from their injuries, specifically soccer players.

"With their understanding of the biomechanics of the sport as well as their educational background, Arianna and Cee Cee can assist with any athlete hoping to reach their highest level of performance," says Robb Blackaby.

Players interested in learning more can visit the Desert Institute of Physical Therapy staff page or like the official Desert Institute of Physical Therapy Facebook page.

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For more information about Desert Institute of Physical Therapy, contact the company here: Desert Institute of Physical Therapy Robb Blackaby (480) 998-4848 diptinaz@aol.com 15953 N Greenway Hayden Loop, Suite A Scottsdale, AZ 85260

Desert Institute of Physical Therapy

With over 20 years of experience in treating patients we provide services for patients with injuries from motor vehicle accidents, sports related injuries both professional and recreational. Our focus is to return patients to their previous activities.

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