

Introduction to Injury Care

Physiotherapy in St. Catharines for Injury Care

Welcome to the Martindale Physiotherapy & Sports Clinic resource for injury care.



At Martindale Physiotherapy & Sports Clinic we look forward to helping you achieve optimal health and recover from injuries.

Click on the main menu links to explore information related to common work activities. For information on specific injuries, please click on our injuries and conditions category.

Our resources on this website are for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Martindale Physiotherapy & Sports Clinic, your physician or a qualified specialist first.

At Martindale Physiotherapy & Sports Clinic we offer Physiotherapy and look forward to working with you to enjoy maximum mobility and avoid injuries.

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