



Elam Sports O'ahu Physical Therapy & Training
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Dear Elam Sports O'ahu 'Ohana,



Elam Sports O'ahu is **celebrating 23 years of providing extraordinary therapeutic services** to O'ahu's active families and want to say mahalo for entrusting us with your care.

We'd like to take this opportunity to share a few updates about our clinic.

We are open Mon-Fri from 7am-7pm and Sat from 7am-5pm.

Our Moonrider Field consists of 3,150 sq. ft. of field turf

for enhanced outdoor rehabilitation activities. Our higher functioning patients can perform activities on varying terrain to emulate community mobility; activities include torque sled, slam ball, battle rope, TRX exercises, tire flips, sled pull and a variety of athletic-type drills.



RadiantHealth infrared sauna for heat therapy is infrared, not convection, so the effect on your body is a deeper, more even temperature to your muscles and underlying tissues - soothing, relaxing and of course, warming!

We also offer **RENU Ice Bath for cryotherapy**

immersion which is maintained at 59° F for immersion cryotherapy, from body segment-to-whole body...often done conjointly with sauna for hot-cold contrast therapy.



In addition to our unique services, including pool therapy, low level laser therapy, vasopneumatic and reverse cascading electrical stimulation modalities, we have added an

INDIBA high frequency (448 kHz) therapeutic modality.



For patients who could benefit from special balance training, we are equipped with a **Solo Step**.



As a reminder services offered at Elam Sports O'ahu include: Physical Therapy, Pool Therapy, Medical Massage Therapy, Work Injury Therapy, Sports Rehab, Tactical Rehab, Work Hardening & Conditioning, Functional Capacity Evaluations, Post-Offer Employment Evals, Ala Carte Sports Medicine and Athletic Recovery with the option of private treatment rooms to safely distance as well as telehealth therapy for high-risk patients at home.



We express our gratitude for the opportunity to work in-concert with you to help you achieve pain-free mobility and independence. If there is anything we can do to assist you, please feel free to contact us at your earliest convenience.

-The Elam Sports O'ahu Team