

Introduction to Hockey

Physical Therapy in Spearfish & Sundance for Hockey

Welcome to Peak Motion Physical Therapy, INC's patient resource about Hockey.

You don't have to live in a cold weather climate to enjoy the excitement of ice hockey. Whether you are in the Deep South or in the extreme North, hockey is a sport that is fast paced, strategic and full contact.



Those three characteristics alone should tell you there is no reason to not be in shape when playing this game.

Most hockey injuries happen because of high impact hits and happen during the middle of a game as opposed to during practice; a knee injury or a separated shoulder can be season ending and offer a painful rehabilitation.

You must know the best techniques for staying healthy.

This part of our website is designed with you, the hockey player, in mind. We know you are rough and tumble, but there is no excuse to suffer an injury that will separate you from the game you love. Remember, the best hockey players are the ones who know how to stay on the ice, not sitting on the bench. After all, you never see anyone with a separated shoulder hoisting the Stanley Cup!

Explore our Hockey pages:

- [Stretching Guide for Ice Hockey](#)
- [Ice Hockey - Common Injuries](#)
- [Guide for Selecting Hockey Equipment](#)

Peak Motion Physical Therapy, INC provides services for Physical Therapy in Spearfish & Sundance.