Introduction to Basketball

Physical Therapy in Merced & Atwater for Basketball

Welcome to Yosemite Physical Therapy's resource about basketball.

Sometimes it may seem as if a basketball player can defy the laws of gravity with a wicked dunk or jump shot. Almost everyone can remember Michael Jordan propelling himself through the air, almost as if he was climbing an invisible stairway, straight to the basket. However, regardless of how graceful a basketball player may seem, it is important to know, no one can fly, and it only looks incredible until you come falling back down to Earth.

Basketball injuries are easy to get. This fast paced game is based around repetitive arm and leg movements and the most common injuries are wrist and ankle sprains. Therefore, it is important for you to know how to avoid suffering from these injuries at all costs. You must prepare yourself for the game you are going to play.
We have designed this area of our website with the “baller” in mind. Whether you are playing a pick up game on the street or you are Center Court at Madison Square Gardens, it’s our goal to make sure you shoot more lay-ups and keep you from being “laid-up.”

Explore our basketball pages:

- Stretching guide for basketball
- Guide for selecting basketball equipment
- Common injuries

Yosemite Physical Therapy provides services for Physical Therapy in Merced & Atwater.