

Getting you back in the game.

Valley County Health System has Physical and Occupational Therapists that are specially trained to evaluate and treat athletes of any age.

The athletes in organized sports programs will be assessed and given three free treatments without a physician's referral, as a courtesy and outreach to the community to help get the athlete back in the game as soon as possible. Parental consent is required.

If further treatment is needed we will refer the athlete to the physician for further consultation and diagnostics if needed.

More serious injuries that are referred by a physician must be billed for each visit.



Contact Us

Valley County Health System
Rehabilitation Center at

Ord: (308)728-4247
Loup City: (308)745-0324
Burwell: (308) 346-4060

Sports Rehabilitation



2707 L Street • Ord, NE 68862
phone: 308.728.4200 • fax: 308.728.7809
www.ValleyCountyHealthSystem.org



Progressive Care with Compassion



How can this program help me?

Our goal is to restore your functional performance and maximize positive long term outcomes. We use specific one-on-one treatment sessions, along with advanced biomechanical assessment to help restore function to the whole body, not just the site of pain.



Techniques utilized to restore your function:

- Manual Therapy
- Biomechanical foot and lower extremity evaluation
- Very specific therapeutic exercise to facilitate weak muscles
- Pain relieving modalities, such as ultrasound, electrical stimulations, Game Ready® compression therapy, etc

We excel in the treatment of:

- Sprains, Strains, and muscular tightness
- Back pain and Sciatica
- SI joint Strain
- Neck Pain and Headaches
- Hip, Knee and Foot Pain
- Hamstring pain and tightness
- Shoulder, Arm, and Hand Pain
- Postural Mal-alignments

Insurance Information:

If your therapist feels further therapy is necessary, as a courtesy to our patients, we file your claims with your primary insurance company. Please bring your current insurance cards with you at your first visit.

If you have any questions, would like to schedule an appointment or would like directions to any of our three convenient locations please contact us at:

2707 L Street
Ord, NE 68862
Phone: (308) 728-4247

Three Convenient Locations:

Ord: (308)728-4247
Loup City: (308)745-0324
Burwell: (308) 346-4060

Visit us at
ValleyCountyHealthSystem.org