



# Pediatric Orthopedics and Physical/Occupational Therapy

Memorial Hermann's Sports Medicine and Rehabilitation locations offer physical and occupational therapy for pediatric orthopedic and sports medicine patients, ages 7 to 17.

With 34 locations offering therapy services for children, Memorial Hermann's experienced team of therapists are committed to providing a range of age-appropriate therapy options that focus on meeting each child's unique needs. Our specialized therapists can help restore the child's movement and functional abilities so they can get back to doing the things they love.

Based on the child's specific needs, treatment and recommended therapy may require:

## Physical Therapy

To help your child improve mobility, increase strength and relieve pain following a bone, muscle or joint injury. Goals of treatment may include improving posture for scoliosis or restoring function following a serious sports injury.

## Occupational Therapy

To help your child return to previous level of function after an upper extremity injury to a skeletally immature structure, which may include fractures, sprains and strains. Goals of treatment may include regaining ability to perform daily activities or recovering function to an arm or hand post surgery.

## Treatment and Therapy Services

We offer age-appropriate treatment and therapy options based on the child's needs. These services include:

- Manual therapy
- Functional strength progressions
- Sports performance/RTS testing
- Dry needling
- Schroth-based rehabilitation for scoliosis

## The Schroth Method for Scoliosis

We offer an alternative, non-surgical option for scoliosis treatment in adolescents. The Schroth Method is a specialized, 3-D physical therapy approach which aims to improve posture, decrease pain, and reduce progression of spinal curvature. In combination with brace-wear, therapy consists of breathing techniques, patient/family education, appropriate postures during daily activities, stretching, and manual therapy.

With Schroth-based rehabilitation, the spine may be returned to a more natural position. (over)

## Common Pediatric Conditions

Our therapists see patients with a variety of orthopedic diagnoses, including:

- Scoliosis
- Fractures
- Knee pain or discomfort
- Patellar dislocations
- ACL tears
- Jumper's knee / patellar tendinitis
- Ankle sprains
- Little-league elbow
- Shoulder instability
- Wrist/hand injuries
- Low back pain
- Hip dysplasia
- Non-neurologic walking/gait disorders

## For Appointments and Scheduling

**P** 713.521.0020 or 1.888.301.8477

**F** 713.874.1798 or 1.888.504.8477

[memorialhermann.org/therapy](http://memorialhermann.org/therapy)

**SOUTHWEST**

- 1 Memorial Hermann Southwest**  
7789 Southwest Fwy., Suite 570  
Houston, TX 77074  
713.456.5221 F: 713.456.5229
- 2 IRONMAN Sports Medicine Institute-Sugar Land**  
17520 W. Grand Pkwy. South, Suite 100  
Sugar Land, TX 77479  
281.725.5895 F: 281.725.5898
- 3 Sugar Land-Williams Trace**  
14857 Southwest Fwy.  
Sugar Land, TX 77478  
281.242.8900 F: 281.242.0355
- 4 Sienna**  
8790 Hwy. 6, Suite 140, Missouri City, TX 77459  
281.778.1822 F: 281.778.1826
- 5 Wharton**  
2018 Regional Medical Center Dr., Suite 1301  
Wharton, TX 77488  
979.532.0888 F: 979.532.0889

**WEST**

- 6 Memorial Hermann Katy**  
23960 Katy Fwy., Suite 100, Katy, TX 77494  
281.644.7880 F: 281.644.7888
- 7 Town and Country**  
700 Town & Country Blvd., Suite 2490  
Houston, TX 77024  
832.658.3150 F: 713.722.7051
- 8 IRONMAN Sports Medicine Institute-Katy at Memorial Hermann Sports Park**  
23910 Katy Fwy., Suite 100, Katy, TX 77493  
281.500.6100 F: 281.500.6101
- 9 IRONMAN Sports Medicine Institute-Memorial City**  
10125 Katy Fwy., Suite 100, Houston, TX 77024  
713.242.2270 F: 713.242.3931
- 10 Memorial Hermann Convenient Care Center-South Katy**  
22430 Grand Corners Dr., Katy, TX 77494  
281.371.1850 F: 281.371.1851

**SOUTHEAST**

- 11 Pasadena**  
4804 E. Sam Houston Pkwy. South, Suite 200  
Pasadena, TX 77505  
281.487.4457 F: 281.991.0336
- 12 Memorial Hermann Southeast**  
Medical Plaza I, 11914 Astoria Blvd., Suite 620  
Houston, TX 77089  
281.929.4475 F: 281.929.6276
- 13 Pearland West - Silverlake Village**  
3149 Silverlake Village, Suite 120  
Pearland, TX 77584  
713.436.8869 F: 713.436.1838
- 14 Pearland East**  
5032 W. Broadway, Pearland, TX 77581  
281.485.4044 F: 281.485.4081
- 15 Memorial Hermann Convenient Care Center-League City**  
2555 S. Gulf Fwy., League City, TX 77573  
832.932.9820 F: 832.932.9825
- 16 Alvin - Thelma Ley Anderson YMCA**  
3201 S. Hwy. 35, Alvin, TX 77511  
281.331.9559 F: 281.331.8875

**EAST**

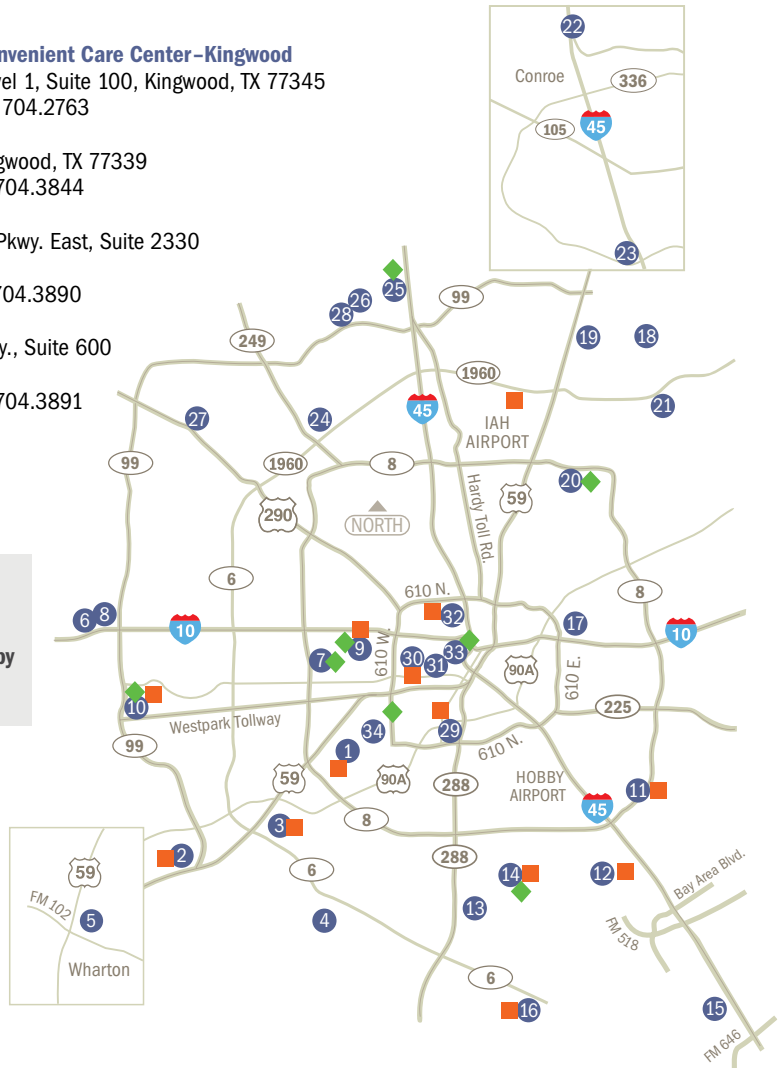
- 17 East Houston**  
10907 I-10 East Fwy., Houston, TX 77029  
713.674.2573 F: 713.674.3081

**NORTHEAST**

- 18 Memorial Hermann Convenient Care Center-Kingwood**  
4533 Kingwood Dr., Level 1, Suite 100, Kingwood, TX 77345  
832.658.4310 F: 713.704.2763
- 19 Kingwood West**  
601 Rockmead Dr., Kingwood, TX 77339  
713.814.2530 F: 713.704.3844
- 20 Fall Creek**  
9522 N. Sam Houston Pkwy. East, Suite 2330  
Humble, TX 77396  
713.814.2510 F: 713.704.3890
- 21 Atascocita**  
13531 Will Clayton Pkwy., Suite 600  
Humble, TX 77346  
713.814.2520 F: 713.704.3891

**OUR LOCATIONS**

- Physical Therapy
- Occupational Therapy
- ◆ Schroth Therapy



**NORTH**

- 22 Conroe**  
2956 I-45 North, Suite 500, Conroe, TX 77303  
936.441.4422 F: 936.441.4427
- 23 South Conroe**  
690 South Loop 336 West, Suite 120  
Conroe, TX 77304  
936.270.6020 F: 936.270.6025
- 24 Willowbrook**  
19760 State Hwy. 249, Houston, TX 77070  
281.469.9397 F: 281.469.9756
- 25 Memorial Hermann The Woodlands**  
Medical Plaza 4, 9180 Pinecroft Dr., Suite 200  
The Woodlands, TX 77380  
713.897.2549 F: 713.897.2544
- 26 The Woodlands-Sterling Ridge**  
10333 Kuykendahl, Suite C  
The Woodlands, TX 77382  
832.813.7023 F: 832.813.7099
- 27 Memorial Hermann Cypress**  
27700 Northwest Fwy., Suite 130  
Cypress, TX 77433  
346.231.6900 F: 346.231.6901
- 28 Memorial Hermann Convenient Care Center-Spring**  
7474 N. Grand Pkwy., Suite 300, Spring, TX 77379  
281.374.5440 F: 281.374.5445

**CENTRAL**

- 29 IRONMAN Sports Medicine Institute**  
6400 Fannin St., Suite 1620, Houston, TX 77030  
713.704.2200 F: 713.704.9005
- 30 Greenway Plaza**  
3651 Weslayan St., Suite 110, Houston, TX 77027  
713.850.8472 F: 713.850.8490
- 31 Shepherd Square**  
2085 Westheimer Rd., Houston, TX 77098  
713.526.6143 F: 713.527.8215
- 32 Memorial Hermann Greater Heights**  
300 North Loop, Suite 300, Houston, TX 77008  
713.867.2300 F: 713.867.2545
- 33 Memorial Hermann Convenient Care Center-Greater Heights**  
1431 Studemont St., Houston, TX 77007  
346.701.3820 F: 346.701.3825
- 34 Bellaire**  
5420 West Loop South, Suite 1400  
Bellaire, TX 77401  
713.314.4531 F: 713.314.4579

