

Introduction to Pediatric Issues

Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area for Pediatric Issues



©MMG 2010

As adults, we are able to identify where pain is coming from and verbalize it correctly to a Physical Therapist or other pain management professional. However, when it is a child who is experiencing pain, or dealing with some level of injury, it is more complicated to figure out what is wrong in order to determine the type of care the little one in our life needs. Furthermore, because a child's body is always growing, it is important for an adult to understand how this can contribute to a healthy existence and promote good playtime activities and responsible practices for staying fit and healthy.

Click on a link below to learn more about:

- [Pediatric Issues](#)
- [FAQs](#)
- [Research Articles](#)

As is the case with any type of pediatric care, a parent or guardian wants to make sure they are taking the correct steps and working with the right professionals in order to benefit their child. An adult never wants to worry that they are overdoing or under-doing treatment, or doing something unnecessary altogether, just because their child may not be able to correctly tell them where or how it hurts or verbalize the issue they may be having.

This area of our site is dedicated to help parents, aunts, uncles, grandparents, or any responsible adult who has a child, understand how to keep them healthy and happy when they are playing hard and having fun. It is this area where you will find resources to support and care for your child regardless of their activity, their sport, or their age.

It is our aim to provide resources to you that cover a wide variety of pediatric issues in order for you to help your child run, jump, play and feel the way a kid should feel....great!

Atlas Physical Therapy provides services for Physical Therapy in Congress Park, Denver Downtown, Central Park, and Highlands Area.

Hear from some of our **Pediatrics** patients

•
“ I had been referred to Alex at Atlas by several different people, but it ended up being my daughter's plantar fasciitis that finally got us in there. He did absolutely great with her really does well... ”

“ I had been referred to Alex at Atlas by several different people, but it ended up being my daughter's plantar fasciitis that finally got us in there. He did absolutely great with her really does well with kids. I don't have any acute injuries at this point, but while I was in there with her, I asked about various ongoing issues/problem areas I have, and ended up beginning treatment with him as well. He takes a well rounded and very practical approach that for us has included tissue work (both), dry needling (me), ultrasound (her), adjustments (me), and obviously various exercises and stretches. The rest of the staff there is great as well. Highly recommend. ”

Dan O

Denver, CO

[View all facebook reviews](#)

•
“ My son's pediatrician recommended PT due to a sports injury. Wow! What a welcoming place Atlas Physical Therapy has been! The staff are accommodating, helpful, and friendly right from the start!... ”

“ My son's pediatrician recommended PT due to a sports injury. Wow! What a welcoming place Atlas Physical Therapy has been! The staff are accommodating, helpful, and friendly right from the start! Sophie at the front desk worked around our vigorous schedule! Dr Nikhil gave great recommendations and listened well to my son's needs. Frank's patience allowed them to find the best therapeutic exercises without over doing it. Frank even ensured the best form was used so my son would continue to exercise the "correct way." Would highly recommend anybody needing PT to stop by and see what a difference this place makes! ”

M U

Denver, CO

[View all google reviews](#)

•
“ Alex is an excellent PT. He knows what he is doing, is a wealth of knowledge, is straight forward, upbeat, and helps you recovery quickly to get back to baseline or to competing. I am driving my... ”

“ Alex is an excellent PT. He knows what he is doing, is a wealth of knowledge, is straight forward, upbeat, and helps you recovery quickly to get back to baseline or to competing. I am driving my daughter all the way down from Steamboat to see him because he is worth it! ”

Kara V

Denver, CO

[View all google reviews](#)

●
“ My daughter saw Nikhil to address ankle pain due to hypermobility. He was great at quickly identifying the issue, explaining it, and prescribing easy and effective exercises that helped very quickly.... ”

“ My daughter saw Nikhil to address ankle pain due to hypermobility. He was great at quickly identifying the issue, explaining it, and prescribing easy and effective exercises that helped very quickly. Great experience. ”

Sarah J

Denver, CO

[View all google reviews](#)

●
“ My daughter and I are pleased with the staff and service. ”

“ My daughter and I are pleased with the staff and service. ”

Tammie N

Denver, CO

[View all google reviews](#)

●
“ My nine-year-old daughter sustained a left knee bone bruise following a fall in gym class at school. This injury also caused her muscles to tighten up around her left knee. Torri was scared and... ”

“ My nine-year-old daughter sustained a left knee bone bruise following a fall in gym class at school. This injury also caused her muscles to tighten up around her left knee. Torri was scared and frustrated, unable to participate in her active lifestyle full of bike riding, walking, hiking, skiing, horseback riding, and gymnastics. Torri began physical therapy with Rick in March 2019 with high hopes of healing. Her and Rick worked very hard together. He guided Torri in a calm and confident manner. Torri learned that she was going to heal fully if she continued to put forth great effort at home with the exercises Rick assigned. She did! Torri is so proud of herself. I (her mother) am so proud of her and so happy with the guidance Rick gave her to get to this point. Torri is back at all her typical activities all thanks to Rick’s hard work and Torri’s determination. Michelle and Torri’s Reddick ”

Michelle M

Denver, CO

[View all google reviews](#)

●
“ Alex and staff helped my son Brandon and my daughter Rheannan with arm/back issues. They are an amazing team. I highly recommend their services!! ”

“ Alex and staff helped my son Brandon and my daughter Rheannan with arm/back issues. They are an amazing team. I highly recommend their services!! ”

Vanessa S

Denver, CO

[View all google reviews](#)

•
“ My daughter worked with Katie Diffily at Atlas and received great care. Katie was supportive, informative and truly helped my daughter strengthen her injured knee. Katie is kind and related well to a... ”

“ My daughter worked with Katie Diffily at Atlas and received great care. Katie was supportive, informative and truly helped my daughter strengthen her injured knee. Katie is kind and related well to a pediatric patient. My daughter also worked with David, an exercise specialist, who had a wonderful rapport with my daughter. He adjusted exercises as necessary, encouraged my daughter through difficult exercises and made the workouts fun. I would highly recommend Atlas Physical Therapy! ”

Carrie W

Denver, CO

[View all google reviews](#)

•
“ I was 34 weeks into my second pregnancy when I started to experience severe back and hip pain to a point where I could barely walk. I was very stressed out considering I had my two year old daughter... ”

“ I was 34 weeks into my second pregnancy when I started to experience severe back and hip pain to a point where I could barely walk. I was very stressed out considering I had my two year old daughter to care for/keep up with and 6 more weeks left before my baby was due. I called my doctor and they referred me over to Atlas. It didn't even cross my mind that this was something that could be solved with physical therapy, but sure enough that is exactly what happened. Karl (Bebendorf, owner of the practice and PT extraordinaire) was immediately able to diagnose me and get me started on recovery. He knew exactly how much PT would be effective but also that I could handle being in the later stages of my pregnancy. I went three times the first week, due to the severity of my pain and lack of mobility, and then twice a week for two more weeks. The sessions, combined with the exercises Karl gave me to do at home, made me virtually pain free by the end of the third week. It was wonderful. Karl was so great. Aside from being extremely experienced and professional, he was very sweet and friendly. I felt like I was in good hands, literally. I also worked with Luke a couple times who was also pretty great. In fact, everyone at Atlas I came in contact with was really nice and professional. Furthermore, being my daughter's primary caregiver, there were times I couldn't find anyone to watch her and had to bring her with. No one batted an eye and made sure to accommodate her as well as me. To her credit, she was very well behaved (thank you iPad) but when she did get interested in what I was doing, Karl would let her be involved. This review is glowing, I realize, but it is truly the experience I had. I can't express enough how stressed I was from the pain I was having before PT. My second little girl was born exactly two weeks ago and she is perfect. I'm so grateful to Atlas for helping me feel strong and healthy enough to bring her into the world. ”

Emily B

Denver, CO

[View all google reviews](#)

•
“ The group at Atlas Physical Therapy are awesome! Alex has been working with my daughter for 2 months, and the difference in her flexibility is amazing! ”

“ The group at Atlas Physical Therapy are awesome! Alex has been working with my daughter for 2 months, and the difference in her flexibility is amazing! ”

Shannon D

Denver, CO

[View all google reviews](#)

-
-