Introduction to Field Hockey

Physical Therapy in California South Bay for Field Hoc

Welcome to Davis and DeRosa Physical Therapy's resource about field hockey.

Field Hockey is a game played in over 130 countries around the world. Outside of North America it is often just refer
Canada and the United States it's called field hockey to distinguish it from the popular game of ice hockey.

Little protective equipment is mandatory for field hockey and injuries can be common due to collisions with other pla
playing pitch, and the swinging of hockey sticks. Players are no strangers to bumps and bruises, or sprains and strains
injuries like fractures can occur. This part of our website is designed to assist you in physically preparing yourself to
help you in preventing some of the most common field hockey injuries that occur. At Davis and DeRosa Physical The
you to stay in the game and on the attack, so you are dribbling down the field rather than hobbling into our clinic!

Explore our Field Hockey pages:

- Stretching Guide for Field Hockey
- Guide for Selecting Field Hockey Equipment
- Field Hockey - Common Injuries

Davis and DeRosa Physical Therapy provides services for Physical Therapy in California South Bay.