



Pediatric Orthopedics and Physical/Occupational Therapy

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

With more than 30 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 May 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, 3D physical therapy approach which aims to improve posture and body awareness, decrease pain, stabilize the spine, and reduce progression of spinal curvature. In combination with brace-wear, therapy consists of breathing techniques, patient/family education, appropriate postures during daily activities, elongation of the spine, stretching, and manual therapy. With Schroth and scoliosis-specific exercise, the spine may be returned to a more natural position.

Hip Preservation Therapy

We treat pediatric patients with growth plate injuries, muscle strains, tendon injuries, fractures, hip dysplasia, and hip impingement. Our therapy approach matches the appropriate developmental stage for young athletes, children, preteens, and teenagers based on their individual needs and level of activity.

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

Pediatric Orthopedics and Physical/Occupational Therapy Locations

SOUTHWEST

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

WEST

- 6 Memorial Hermann Katy A B D**
23960 Katy Fwy., Suite 100, Katy, TX 77494
281.644.7880 F: 281.644.7888
- 7 Town and Country A C**
650 W. Bough Lane, Suite 168
Houston, TX 77024
832.658.3150 F: 713.722.7051
- 8 Rockets Sports Medicine Institute-Katy A D**
23910 Katy Fwy., Suite 100, Katy, TX 77493
281.500.6100 F: 281.500.6101
- 9 Rockets Sports Medicine Institute-Memorial City A B C D**
10125 Katy Fwy., Suite 100, Houston, TX 77024
713.242.2270 F: 713.242.3931
- 10 Convenient Care Center-South Katy A B C**
22430 Grand Corners Dr., Katy, TX 77494
281.371.1850 F: 281.371.1851

SOUTHEAST

- 11 Pasadena A B**
4804 E. Sam Houston Pkwy. S., Suite 200
Pasadena, TX 77505
281.487.4457 F: 281.991.0336
- 12 Southeast A B**
Medical Plaza I, 11914 Astoria Blvd., Suite 620
Houston, TX 77089
281.929.4475 F: 281.929.6276
- 13 Rockets Sports Medicine Institute-Pearland A D**
11049 Memorial Hermann Dr., Suite 150,
Pearland, TX 77584
713.436.8869 F: 713.436.1838
- 14 Pearland East A B C D**
5032 W. Broadway, Pearland, TX 77581
281.485.4044 F: 281.485.4081
- 15 Alvin-Thelma Ley Anderson YMCA A B**
3201 S. Hwy. 35, Alvin, TX 77511
281.331.9559 F: 281.331.8875

EAST

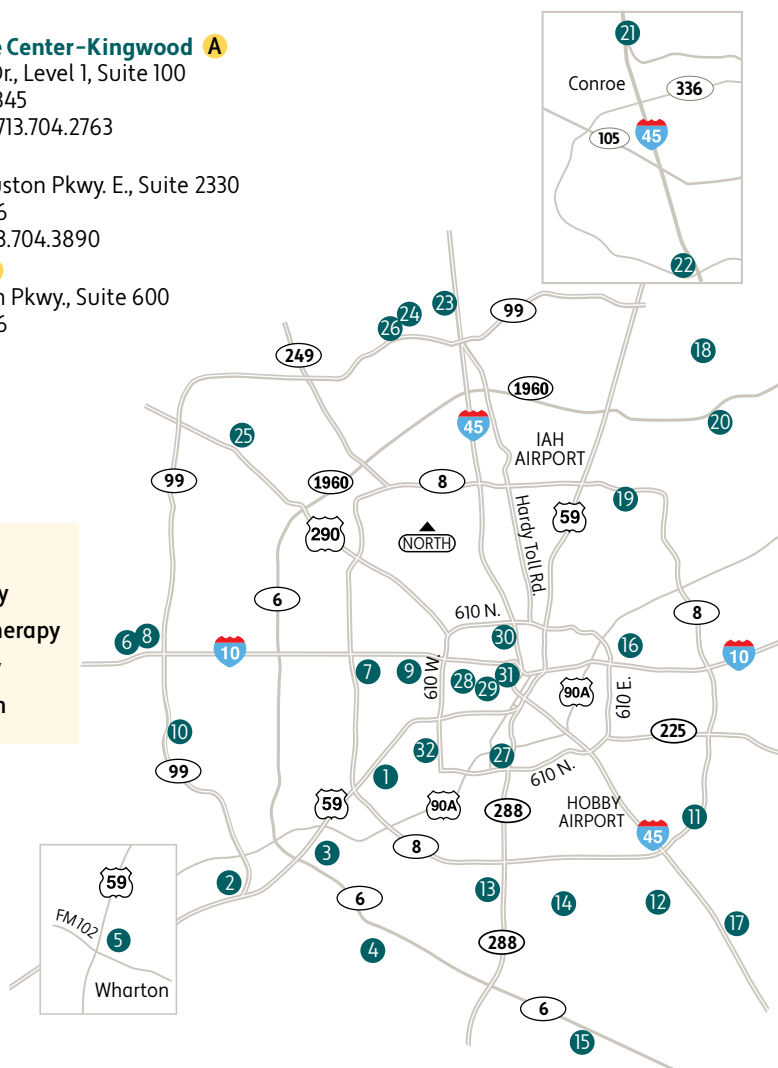
- 16 East Houston A**
10907 I-10 East Fwy., Houston, TX 77029
713.674.2573 F: 713.674.3081
- 17 Webster A**
19419 Gulf Fwy., Suite 3
Webster, TX 77598
281.488.2815 F: 281.488.2844

NORTHEAST

- 18 Convenient Care Center-Kingwood A**
4533 Kingwood Dr., Level 1, Suite 100
Kingwood, TX 77345
832.658.4310 F: 713.704.2763
- 19 Fall Creek A D**
9522 N. Sam Houston Pkwy. E., Suite 2330
Humble, TX 77396
713.814.2510 F: 713.704.3890
- 20 Atascocita A D**
13531 Will Clayton Pkwy., Suite 600
Humble, TX 77346
713.814.2520
F: 713.704.3891

OUR LOCATIONS

- A** Physical Therapy
- B** Occupational Therapy
- C** Schroth Therapy
- D** Hip Preservation



NORTH

- 21 Conroe A**
2956 I-45 North, Suite 500
Conroe, TX 77303
936.441.4422 F: 936.441.4427
- 22 South Conroe A**
690 S. Loop 336 W., Suite 120
Conroe, TX 77304
936.270.6020 F: 936.270.6025
- 23 The Woodlands A C D**
Medical Plaza 4
9180 Pinecroft Dr., Suite 200
The Woodlands, TX 77380
713.897.2549 F: 713.897.2544
- 24 The Woodlands-Sterling Ridge A**
10333 Kuykendahl, Suite C
The Woodlands, TX 77382
832.813.7023 F: 832.813.7099
- 25 Rockets Sports Medicine Institute-Cypress A D**
27646 Northwest Fwy., Suite 150
Cypress, TX 77433
346.231.6900 F: 346.231.6901
- 26 Convenient Care Center-Spring A**
7474 N. Grand Pkwy., Suite 300
Spring, TX 77379
281.374.5440 F: 281.374.5445

CENTRAL

- 27 Rockets Sports Medicine Institute-Texas Medical Center A B D**
6400 Fannin, Suite 1620, Houston, TX 77030
713.704.9602 F: 713.704.9005
- 28 Greenway Plaza A B**
3651 Wesleyan St., Suite 110
Houston, TX 77027
713.850.8472 F: 713.850.8490
- 29 Rockets Sports Medicine Institute-Shepherd Square A B D**
2085 Westheimer Rd., Houston, TX 77098
713.526.6143 F: 713.527.8215
- 30 Greater Heights A B**
300 North Loop, Suite 300, Houston, TX 77008
713.867.2300 F: 713.867.2545
- 31 Convenient Care Center-Greater Heights A C**
1431 Studemont St., Houston, TX 77007
346.701.3820 F: 346.701.3825
- 32 Bellaire A C D**
5420 W. Loop S., Suite 1400, Bellaire, TX 77401
713.314.4531 F: 713.314.4579

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Sports Medicine &
Rehabilitation