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A Better Tomorrow Through Better Health Today

Hands-on care to move better, feel stronger, and live fully every day.

[Button: [Schedule Your Appointment](#)] | [Button: [See Services](#)]

None

Nav. Title: Home

Slug: /

Metatitle (max 60 characters, should contain H1): Lonestar Physical Therapy in Tyler, TX

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance in Tyler, TX, offers premier outpatient physical rehab therapy helping you achieve a better tomorrow.

Keywords:

physical therapy

near me physical therapy

physical rehab therapy

outpatient PT

PT rehab

PT offices near me

Lonestar Physical Therapy in Tyler, TX

Living with chronic pain, recovering from a recent injury, or feeling your body slow down does not have to be the end of your love for daily life.

At Lonestar Physical Therapy & Sports Performance, our team of Doctors in Physical Therapy formed a locally-owned, private-practice physical therapy center designed around the treatments that we've seen make the most difference in patients' lives.

Our treatment options and patient care have led us to be named the [best PT clinic in Tyler, TX](#), by the Tyler Morning Telegraph, and be recognized as "Best of [BusinessRate](#)" two years in a row.

As one of the premier PT offices in Tyler, TX, we offer specialized outpatient PT and rehab designed to help patients ages 12 and up move and perform at their best.

Let our experts reset your relationship to daily life and reinforce healthy movement.

You can do this. We can help.

[Button: [Start Healing](#)] | [Button: [Read Reviews](#)]

Our Tyler, TX, PT Services

Orthopedic Therapy

Manual interventions to calm your pain and restore healthy movement and mobility.

[Button: [Learn More](#)]

Performance & Sport

Reach a new peak with programs designed for top-tier athletes and weekend warriors.

[Button: [Learn More](#)]

Class IV Laser Therapy

Heal faster with high-powered red and near-infrared light treatments that penetrate deep tissues.

[Button: [Learn More](#)]

Manual & Balance

Reduce your fall risk and regain your independence with targeted coordination exercises.

[Button: [Learn More](#)]

Meet Your Team

Our Doctors of Physical Therapy are committed to clinical excellence. We combine our board-certified, fellowship-trained experience with the latest advanced methods and equipment to deliver results you can feel after every session.

Through hands-on care today, we help you find the strength for better health tomorrow.

[Button: [About Us](#)]

Read Patient Reviews

[Google reviews]

[Button: [New Patient Information](#)]

Proven. Trusted. Best in Town.

[award image files]

See Success in Action

[golf video]

Our Philosophy

Physical therapy involves treating injuries and empowering you to take control of your own health and well-being. We prioritize education and prevention to help you achieve long-term results.

Our Expertise

We have extensive experience in treating a wide range of conditions, from sports injuries to chronic pain. We use evidence-based treatments to ensure that you receive the most effective care possible.

Our Services

Our wide range of services helps you recover from injuries, manage chronic pain, and improve overall physical function. From manual therapy to therapeutic exercise, we can help you achieve your goals.

[Button: [Q + A](#)]

Begin Your Recovery Journey

Start your journey toward a better, stronger, more independent life today. Contact our Tyler, TX, physical therapy clinic to schedule your initial evaluation and discover the benefits of our hands-on approach.

[Button: [Schedule Your Appointment](#)]

Our Team

None

Nav. Title: Our Team

Slug: /about/

Metatitle (max 60 characters, should contain H1): Our Team | Lonestar Physical Therapy & Sports Performance

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance features a dedicated team of board-certified, fellowship-trained doctors ready to guide your recovery.

Dr. Stephen Ford

PT, DPT, OCS, FAAOMPT

[video]

Stephen Ford is a fellowship-trained, board-certified Doctor of Physical Therapy in Tyler, TX, and the founder of Lonestar Physical Therapy & Sports Performance.

He provides care for patients ages 12 and older with a guiding philosophy of empowering individuals to achieve a better tomorrow through better health today. His practice emphasizes patient-centered care, combining clinical expertise with compassion to help each person move, perform, and live at their best.

Dr. Ford is deeply committed to education and mentorship. He regularly teaches and mentors students, new graduates, and orthopedic residents, sharing his knowledge in advanced orthopedic manual therapy.

His background also includes advanced training in strength and conditioning as a Certified Strength & Conditioning Specialist, as well as additional specialization in dry needling, blood flow restriction therapy, headache and concussion management, and golf performance.

He remains actively involved in his professional organizations, including the American Physical Therapy Association and the American Academy of Orthopedic Manual Physical Therapists.

When he's not in the clinic, Dr. Ford enjoys time with his wife and children and can often be found on the golf course, where he combines his love for the game with his passion for movement and performance.

[Button: [Schedule With Dr. Ford](#)]

Dr. Alex Wilson

PT, DPT

[video]

Alex Wilson is a Doctor of Physical Therapy at Lonestar.

His passion for physical therapy began with his own rehabilitation journey following an ACL tear. Experiencing firsthand the impact of skilled, attentive care inspired him to pursue a career dedicated to helping others overcome pain and regain optimal movement. This personal connection continues to guide his philosophy: reducing suffering and empowering individuals to achieve their best physical potential.

Dr. Wilson earned his Doctor of Physical Therapy degree from South College. Before his doctoral studies, he gained valuable leadership and performance training experience as the Personal Training Student Manager at the University of Georgia. In that role, he not only provided individualized training to athletes and peers but also coordinated programming and guided other trainers, blending science-based performance principles with practical application.

Outside the clinic, Dr. Wilson leads an active lifestyle. He enjoys playing soccer, tennis, and disc golf, as well as running and spending time outdoors.

[Button: [Schedule With Dr. Wilson](#)]

Ayaz Ali

PTA, CSCS

[video]

Ayaz Ali is a licensed Physical Therapist Assistant and Certified Strength & Conditioning Specialist at Lonestar. He graduated from the University of Texas at Austin with a Bachelors of Science in Human Nutrition and then completed the Physical Therapist Assistant Program at Tyler Junior College.

With a commitment to better serving the community and promoting a healthier lifestyle, Ayaz is also a Certified Personal Trainer with the National Academy of Sports Medicine Personal Training. He enjoys spending time with his patients in promoting physical activity, managing acute and chronic pain, and reducing fall risks with intensive balance programming.

In his free time, Ayaz enjoys spending time outdoors with his two dogs and traveling with his family and friends to new places.

[Button: [Schedule With Ayaz Ali](#)]

Riley Borton

PTA

[video]

Riley Borton, PTA, is a licensed Physical Therapist Assistant at Lonestar Physical Therapy & Sports Performance. She earned her Bachelor's degree in Kinesiology from the University of Texas at Tyler and went on to complete the Physical Therapist Assistant program at Tyler Junior College.

Riley brings genuine enthusiasm and a strong passion for helping patients reach their goals. She values building meaningful relationships with those she treats and finds fulfillment in seeing each individual regain mobility, reduce pain, and return to the activities they love most. Her approach is centered on providing thoughtful, individualized care every step of the way.

Outside the clinic, Riley enjoys staying active by playing sports like pickleball and volleyball, curling up with a good book, spending time with her dog Hazel, and making memories with friends and family.

[Button: [Schedule With Riley Borton](#)]

Orthopedic Therapy in Tyler, TX

None

Nav. Title: Orthopedic Therapy

Slug: /ortho-pt/

Metatitle (max 60 characters, should contain H1): Orthopedic Therapy | Lonestar Physical Therapy

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance provides expert orthopedic physical therapy and dry needling in Tyler, TX, to calm your joint pain.

Keywords:

ortho pt

needling therapy

sports orthopedists near me

needling treatment

needling for muscles

best dry needling near me

The Best Path to a Better You

Living with joint pain or a severe injury is an overwhelming experience that distracts from everything you should be enjoying in life.

You might worry that surgery or pain medication are the only options, or that you will never return to the activities you love. We are here to help. Our team provides targeted care to calm your symptoms and reinforce healthy movement.

Getting started is simple. Our physical therapists create and guide you through the best path to a better you.

[Button: [Start Healing](#)]

Our Ortho PT Services

Neck & Back Pain Relief

Our specialized orthopedic physical therapy programs address the root cause of spinal pain. We use targeted orthopedic manual therapy treatment to improve movement and relieve pain.

Dry Needling Therapy

Our dry needling treatment deactivates trigger points. Using needling for muscles reduces tension and is the best dry needling in Tyler, TX.

Pre & Post-Operative Care

We support your recovery journey before and after surgery. Our targeted treatments enhance tissue regeneration and rebuild your strength safely.

Sports Orthopedics

Our sports therapy team in Tyler, TX, rehabilitates athletic injuries and returns you to peak performance.

[Button: [Schedule Your Appointment](#)]

Meet Your Board-Certified & Fellowship-Trained Experts

Our Doctors of Physical Therapy are dedicated to clinical excellence. With advanced training in orthopedic manual therapy, we get you because we understand the complexities of the human body.

Our evidence-based practices ensure you receive the most effective care for your needs.

[Button: [Meet Your Providers](#)]

Common Conditions We Treat Through Orthopedic Therapy

Concussions & Headaches

Tendinitis & Bursitis

Rotator Cuff Injuries

Joint Sprains

Plantar Fasciitis

Much More

[Button: [Start Healing](#)]

Why Patients Choose Lonestar

Accurate Diagnosis

We conduct thorough assessments to pinpoint problems and find solutions.

Expert Manual Therapy

Direct manual interventions and joint mobilization give you relief from pain.

Flexible Scheduling

Life can be busy. We offer flexible scheduling options to fit your needs.

[Button: [New Patient Information](#)]

Begin Your Recovery Journey Today

Don't let injuries or physical limitations hold you back from living a full life. Our flexible scheduling and self-pay options make it simple to get the help you require.

Contact our office today to establish your customized plan of care and take the first step toward lasting health.

[Button: [Schedule Your Appointment](#)]

Tyler, TX, Sports Doctor

None

Nav. Title: Performance & Sport

Slug: /sport-doctor/

Metatitle (max 60 characters, should contain H1): Tyler, TX, Sport Doctor | Lonestar Sports Performance

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance offers comprehensive sports medicine therapy and performance rehab to help Tyler, TX, athletes excel.

Keywords:

sport medicine and physical therapy

sport doctor

sports physical therapists

sports therapy

sports care

sports rehabilitator

sport rehabilitation near me

sports medicine pt

all sport physical therapy

sports medicine therapy

sports medicine services

performance therapy

performance rehab

performance rehabilitation

performance pt

Sports Medicine & Physical Therapy for Next-Level Athletes

As an athlete, being sidelined by an injury is devastating and can be career-altering. You worry about losing your competitive edge or facing a long, frustrating recovery. We understand the demands placed on your body after injury, and the mental pressure that comes with it.

Our comprehensive approach combines advanced techniques and sports medicine services to get you back in the game safely and quickly. We will help you regain your strength and prevent future setbacks.

[Button: [Reach Your Next Level](#)]

Sports Care Services

Sports Therapy

Manual therapy combined with sports physical therapy treatments build resilience and keep you performing at your peak through every season.

Golf Medicine

Our experts analyze your swing mechanics to lower your score on the course. We use detailed metrics to refine your game and build strength.

Performance Therapy

Enhance your speed and agility with targeted performance rehab. We create customized training plans to unlock your full athletic potential safely.

Sport Rehabilitation

Our dedicated team will guide you through your recovery journey. We focus on safe progression to ensure you return to the game stronger.

[Button: [Schedule Your Appointment](#)]

Meet Your Team at Lonestar Sports Performance

Our skilled staff includes Doctors of Physical Therapy ready to support your goals. We have extensive experience treating competitive athletes who are recovering from injury or break past any competitive barriers.

Our collaborative approach ensures you receive the highest standard of sports medicine therapy that can enhance your capabilities.

[Button: [Meet Your Providers](#)]

Common Recovery Treatments by Our Sports Physical Therapists

ACL Injuries

Concussion Management

Sprains & Strains

Fracture Rehabilitation

Overuse Injuries

Post-Surgical Rehabilitation

[Button: [Start Healing](#)]

Why Tyler, TX, Athletes Choose Lonestar

Advanced Treatment Techniques

We pair advanced manual therapy and joint mobilization with treatments like blood flow restriction.

Individualized Treatment Plans

Your performance rehabilitation plan is tailored specifically to your sport and personal goals.

Collaborative Approach

We work closely with your coaches and healthcare providers to ensure seamless and effective care.

[Button: [New Patient Information](#)]

Return to Play Stronger Than Before

Do not let a minor setback keep you away from the sports you love. Our team is ready to deliver the high-quality care you deserve.

Contact our clinic today to start your performance rehab and discover how our advanced sports care can help you achieve your athletic goals.

[Button: [Schedule Your Appointment](#)]

Class IV Red Light Therapy in Tyler, TX

None

Nav. Title: Class IV Laser Therapy

Slug: /laser-red-light-therapy/

Metatitle (max 60 characters, should contain H1): Class IV Red Light Therapy in Tyler, TX | Lonestar

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance provides Class IV red light therapy in Tyler, TX, to accelerate healing and reduce deep tissue pain.

Keywords:

red light therapy near me

infrared light therapy

red light therapy for body

red light treatment

infrared therapy near me

class 4 laser therapy near me

More Effective, Near-Infrared Light Therapy

Dealing with persistent inflammation or slow-healing injuries doesn't have to be your new standard. But when seeking red light therapy for your body or whole health, many people settle for low-power wellness beds that don't lead to real results deep in their tissue.

Our Class 4 laser therapy provides a more powerful solution. We use advanced red and near-infrared light therapy to stimulate cellular energy, accelerating your healing and reducing pain at the source.

[Button: [Start Red Light Treatment](#)]

Common Questions About Laser Therapy

Does Class IV Laser Therapy Actually Work?

Yes, it utilizes photobiomodulation to deliver concentrated light energy deep into tissues. This stimulates cells to produce energy and heal faster.

What Does a Class 4 Laser Mean?

It refers to the highest power level available for light therapy. This ensures the light penetrates deep into the body for maximum effect.

Is Laser Therapy Covered by Insurance?

Laser therapy is offered as a self-pay service to enhance your recovery and is not submitted to insurance.

What Are the Benefits of Laser Therapy?

Patients experience reduced inflammation, alleviated pain, and improved circulation. It is a non-invasive way to promote tissue regeneration.

[Button: [Schedule Your Appointment](#)]

Meet Your Board Certified & Fellowship Trained Experts

Our Doctors of Physical Therapy carefully assess your needs to determine if high-powered red/near infrared light therapy is the right approach.

We understand the science of energy and cellular healing, so you can trust our highly educated providers to deliver safe and effective care.

[Button: [Meet Your Providers](#)]

Common Conditions Improved by Laser Therapy

Arthritis

Back & Neck Pain

Tendinitis & Bursitis

Plantar Fasciitis

Carpal Tunnel Syndrome

Post-Surgical Pain

[Button: [Start Treatment](#)]

Why Patients Choose Lonestar for Laser Therapy in Tyler, TX

Deep Tissue Penetration

We use targeted red/near-infrared light therapy for body healing that reaches deep into your muscles and tendons.

Comfortable Sessions

Treatments are comfortable and pain-free. Most sessions provide a warm sensation and last 3 to 7 minutes.

Evidence-Based Care

Our red/near-infrared light therapy is backed by science to increase cellular energy and accelerate recovery.

[Button: [New Patient Information](#)]

Accelerate Your Healing Today

Living with chronic discomfort holds you back from your potential. Our innovative technology offers a medication-free path to recovery.

Contact our office to see if you are a candidate for this advanced treatment. We will help you regain your mobility and return to a movement-rich lifestyle.

[Button: [Schedule Your Appointment](#)]

Balance Therapy in Tyler, TX

None

Nav. Title: Manual & Balance Therapy

Slug: /manual-therapy/

Metatitle (max 60 characters, should contain H1): Manual Therapy in Tyler, TX | Lonestar Physical Therapy

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance offers targeted manual therapy and balance exercises in Tyler, TX, to restore your independence safely.

Keywords:

manual therapy

balance therapy

balance pt

balance therapy near me

Restore Your Mobility & Independence

Experiencing dizziness or struggling with chronic joint pain can severely limit your independence and quality of life.

Our expert team utilizes a hands-on approach to calm your symptoms and improve your overall coordination. We focus on targeted treatments to restore your mobility.

[Button: [Schedule Your Appointment](#)]

Balance Therapy Services

BPPV Therapy

We provide treatments for benign paroxysmal positional vertigo. Our techniques help relieve dizziness so you can feel steady on your feet.

Fall Prevention

We design targeted exercises to challenge and improve your coordination. These programs help reduce the risk of falls among older adults.

Manual Therapy

We use skilled hand movements to alleviate tension and joint stiffness that may contribute to your balance issues. This hands-on treatment promotes faster healing and pain relief.

Coordination Exercises

We guide you through activities that rebuild your agility and spatial awareness. This approach improves your physical function and builds confidence in your daily movements.

[Button: [Schedule Your Appointment](#)]

Dedicated, Board-Certified Specialists in Movement

Our doctors of physical therapy possess advanced training in balance rehabilitation and orthopedic manual therapy.

We are committed to continuing education to ensure you receive the highest standard of care from a compassionate team.

[Button: [Meet Your Providers](#)]

Common Conditions Treated With Balance Therapy

Vertigo & Dizziness

Balance Deficits

Vestibular Disorders

Muscle Weakness

Gait Abnormalities

General Instability

[Button: [Schedule Your Appointment](#)]

Why Patients Choose Lonestar

Comprehensive Care

Direct manual therapy interventions and targeted exercises create real differences in stability.

Proven Fall Prevention

Your risk factors guide the balance therapy program we build to keep you safe and confident.

Open Door Policy

You're welcome back any time for intermittent booster sessions to maintain your progress.

[Button: [New Patient Information](#)]

Reclaim Your Independence

Do not let fear of falling or persistent dizziness keep you from enjoying your life. Our team is ready to support your goals with evidence-based balance and manual treatments.

Contact our clinic today to begin your personalized plan of care and take a confident step toward better health.

[Button: [Schedule Your Appointment](#)]

New Patient Information

None

Nav. Title: New Patient Information

Slug: /patient-information/

Metatitle (max 60 characters, should contain H1): New Patient Information | Lonestar Physical Therapy

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance makes preparing for your first visit simple. Learn about our intake process and billing requirements.

How to Prepare for Your Visit

Make a list of any questions you want to ask our Doctors of Physical Therapy. Write down key information about your medical history and chief complaint.

Bring any labs, images, or reports you may have from another provider. Wear clothing that allows us to access the entire upper or lower quarter based on pain location. Do not wear clothes that do not stretch.

For spinal issues, sports bras or tank tops for female patients help us visualize and palpate the spine during your exam.

What to Expect During Your First Visit

A comprehensive health history and subjective questioning will be performed to completely understand your chief complaint and overall health status.

We will ask questions about your home, work, and recreational activities to better understand your life so that we can accomplish your goals.

A thorough physical examination will be performed of the entire upper or lower quarter. This includes observation, functional assessment, range of motion, and strength testing.

Our Doctors of Physical Therapy will also perform structural differentiation, palpation, and joint testing.

After explaining your movement diagnosis, we will begin treatment. This includes hands-on orthopedic manual therapy, active self-treatments, and education on your plan of care.

What to Expect During Care

Your plan of care will be individualized to your needs. Our providers will engage in a shared decision with you to establish the appropriate frequency and duration of your visits.

Once a mutual agreement is made, we ask that you adhere to this plan. Missed visits will only decrease or delay your success with conservative care.

Our providers will work hard to find a method for you to self-cope via a home exercise program. We ask that you utilize this tool as a symptom modifier.

Progress notes will be performed intermittently to re-assess your baseline measurements for improvement. We will modify your plan accordingly as you heal.

What to Expect After Care

Continue to utilize your self-coping activities and home exercise program on an as-needed basis. Intermittent booster sessions throughout the year are also highly beneficial.

Best evidence recommends all patients return for an annual physical therapy examination. We use this time to re-assess and provide education for healthy aging.

We encourage all of our patients to use their time for a full body exercise routine. Maintaining a healthy lifestyle is the best way to prevent future injuries.

Billing & Insurance

We make your experience simple – including billing. Here is how we handle the process.

1. Benefit Verification

First, we verify your benefits for you. This allows us to know exactly how much your copay for physical therapy will be before we begin.

2. Copay Collection

We will collect the copay on or prior to the date of service. This payment is then applied directly to your account.

3. Claim Submission

We submit the claim to your insurance provider. It can take around forty-five days for the insurance company to process a claim.

4. Claim Review

Once a claim has been processed, we review the claim in detail. We will let you know if you have a remaining balance or a refund coming your way.

Common Questions

Referral Requirements

You can be seen by our Doctors of Physical Therapy without a referral. However, your insurance policy may require a referral or may limit you to in-network providers.

Wellness and recovery services do not require a referral.

Accepted Health Care Plans

Update coming soon.

[Button: Schedule Your Appointment]

Most Common Reasons for Physical Therapy

None

Nav. Title: Q + A

Slug: /faq/

Metatitle (max 60 characters, should contain H1): Most Common Reasons for Physical Therapy | Answers by DPT

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance answers your biggest questions about treatment options, referral requirements, and insurance coverage.

Keywords:

[questions]

Answers to Patients' Biggest Questions by a Tyler, TX, Board-Certified Doctor of Physical Therapy

What Are the Different Types of Physical Therapy

We offer a wide range of services to help our clients recover from injuries, manage chronic pain, and improve their overall physical function. Our primary areas of focus include orthopedic manual therapy, sports therapy, balance, and BPPV therapy.

We also provide specialized treatment programs tailored to you, including trigger point dry needling, blood flow restriction training, and Class IV laser therapy.

Our team has extensive experience with concussion management, golf medicine, and treating headaches and jaw pain. We believe in using a combination of therapeutic exercise and education for true long-term results.

What Is the Most Popular Type of Physical Therapy?

Orthopedic manual therapy is a highly requested treatment at our clinic. This hands-on approach involves using various techniques to treat musculoskeletal conditions and optimize your mobility.

Our physical therapists use mobilization, manipulation, and soft tissue work to directly make a difference in your symptoms. We use these evidence-based treatments to ensure that our clients receive the most effective care possible.

Most Common Reasons for Physical Therapy

Patients often seek our care to recover from injuries, manage chronic pain, or improve their overall health. We treat individuals of all ages and activity levels, from high school athletes to seniors looking to maintain their independence.

Common conditions we see include spinal pain, rotator cuff injuries, joint sprains, and plantar fasciitis. We also work with patients who need post-operative rehabilitation after surgery or help with nerve entrapments like sciatica.

What Is the Best Kind of Physical Therapy for Lower Back Pain?

Orthopedic manual therapy combined with therapeutic exercise is highly effective for spinal pain. We start with a reset phase to calm down your symptoms and help your pain feel better immediately.

Following the initial reset, we reinforce healthy movement patterns by working on mobility and strength. Finally, we reload the body to build resiliency and make sure you are prepared to return to the activities you love most.

What Makes a Good Physical Therapist

Skilled providers prioritize education and prevention to help clients achieve long-term results. We take the time to understand your unique needs and work closely with you to develop a personalized treatment plan.

Our team demonstrates a commitment to professional excellence. All our Doctors of Physical Therapy are dedicated to staying current with the latest research to provide advanced treatment techniques.

[Button: [Contact Us](#)]

Insurance & Logistics

How Much Will Insurance Pay for Physical Therapy?

We accept Medicare and most major commercial insurances. Our team will verify your benefits for you so that we know how much your copay for care will be.

We provide an estimate of the amount for which you will be responsible prior to your visit. We also offer affordable individual and bundled session packages for patients who prefer to self-pay or do not have insurance.

Do I Need a Referral for Physical Therapy in Texas?

You can be seen by our Tyler, TX, Doctors of Physical Therapy without a referral. Wellness and recovery services do not require referral from another provider. We will help you navigate your insurance coverage to ensure you receive the appropriate care.

What Should I Expect on My First Day of Physical Therapy?

A comprehensive health history and subjective questioning will be performed to understand your chief complaint. We will ask about your home, work, and recreational activities to better understand your life.

A thorough physical examination will be performed on the affected area. This includes functional assessments, range of motion testing, and palpation. After explaining your movement diagnosis, our team will begin treatment.

How Many Days a Week Should I Go to Physical Therapy

Your plan of care will be individualized to your needs. Our providers will engage in a shared decision with you to establish the appropriate frequency and duration of your clinic visits.

Once a mutual agreement is made, we ask that you adhere to this plan. Attending your scheduled sessions consistently is necessary to achieve your desired outcome and progress through your recovery.

[Button: [Contact Us](#)]

Care Progression

What to Expect During Care

Your plan of care will be individualized to your needs. It's all about finding the right treatment for you today that will give you better health tomorrow.

Our providers will engage in a shared decision with you to establish the appropriate frequency and duration of your visits. Once a mutual agreement is made, we ask that you adhere to the plan since missed visits greatly decrease chances of success.

Our team will also help you find a method to self-cope via a home exercise program. We ask that you utilize these active self-treatments as symptom modifiers to improve your function between visits.

What to Expect After Care

You can continue utilizing your self-coping activities and home exercise program on an as-needed basis. Intermittent booster sessions throughout the year have been shown to be greatly beneficial for improving your outcomes.

Staying active with a full body exercise routine is one of the biggest ways to maintain the progress you'll make. The American College of Sports Medicine recommends 150 minutes of moderate physical activity (perceived exertion greater than a 4 out of 10) or 75 minutes of vigorous physical activity (perceived exertion greater than a 7 out of 10) weekly.

[Button: [Contact Us](#)]

Questions About Alternatives

PT vs. Chiropractic Care: What's the Difference?

Both physical therapy and chiropractic care aim to reduce pain and improve movement. Physical therapy takes a comprehensive approach combining hands-on treatment, movement assessment, and targeted exercise to address the root cause of your symptoms and support long-term recovery.

Our holistic process ensures that we address the root cause of your pain. By incorporating mobility training and functional movement assessments, we guide you toward lasting relief and independence.

PT vs. OT: What's the Difference?

Both occupational therapy and physical therapy aim to improve function and quality of life. Occupational therapy focuses on daily tasks and independence, while physical therapy focuses on movement, pain relief, and restoring how your body performs.

At Lonestar Physical Therapy & Sports Performance, we focus on helping you move better, recover from injury, and return to the activities that matter most to you.

[Button: [Contact Us](#)]

Contact Us

None

Nav. Title: Contact Us

Slug: /contact/

Metatitle (max 60 characters, should contain H1): Contact Us | Lonestar Physical Therapy & Sports Performance

Metadesc. (max 150 characters): Lonestar Physical Therapy & Sports Performance is ready to help you begin your recovery journey. Contact our Tyler, TX, clinic to book your session.

Lonestar Physical Therapy & Sports Performance

Visit Our PT Offices in Tyler, TX

5759 Eagles Nest Boulevard, STE 4
Tyler, TX 75703

Hours

Monday – Friday: 7:00 am – 6:00 pm

Saturday – Sunday: Closed

Phone

903.405.4899

Fax

903.638.2741

Email

Info@LonestarPTX.com

[maps embed]

[contact form]

Highly Specialized Solutions for Workplace & Accident Recovery

Helping you recover from workplace and personal injuries so you can get back to life with confidence.

[Button: [Schedule an Appointment](#)] | [Button: [See Who We Help](#)]

Lonestar Injury Recovery in Tyler, TX

None

Footer Title: Lonestar Injury Recovery

Slug: /injury-recovery/

Metatitle (max 60 characters, should contain H1): Lonestar Injury Recovery in Tyler, TX

Metadesc. (max 150 characters): Lonestar Injury Recovery in Tyler, TX, specializes in worker rehabilitation and workers compensation therapy to get patients safely back on the job.

Keywords:

worker rehabilitation

workers comp therapy

work injury rehabilitation

workers compensation rehabilitation

workers compensation therapy

recovery after injury

treatment injury

Navigating recovery after an injury requires specialized care and clear communication. Lonestar Injury Recovery is a dedicated center focused exclusively on workplace injuries and personal injury cases, with an emphasis on coordination, documentation, and outcomes.

We understand the unique demands of these cases in the Tyler, TX community. Our team works closely with injured individuals, personal injury attorneys, employers, and adjusters to deliver streamlined, case-focused care.

Our specialization reduces delays, simplifies the process, and helps you return to work and daily life more efficiently. We provide timely documentation and compassionate, expert care every step of the way.

You can trust our experienced providers to coordinate your treatment seamlessly with all parties involved in your case.

[Button: [Schedule an Appointment](#)] | [Button: [Contact Us](#)]

Who We Help

Patients with Work-Related Injuries (Workers' Compensation)

Partner with our team after a work-related injury. We handle communication with your employer, case manager, and adjuster so you can focus on recovery.

Personal Injury Attorneys Representing Clients

We understand the demands of personal injury cases and provide timely documentation, clear communication, and coordinated care for you and your clients.

Case Managers for Workers' Compensation Rehabilitation

We work with you for fast, efficient return-to-work outcomes. Our staff keeps adjusters and employers updated throughout recovery.

Individuals with Auto or Accident-Related Injuries

We offer targeted interventions for any occupational or auto accident. Our goal is to restore mobility safely and get you back to life.

[Button: [Schedule an Appointment](#)]

Workplace & Return-to-Work Services

We offer specialized services to support recovery and return-to-work decision making, including:

- Functional Capacity Evaluations (FCEs)
- Post-Offer Employment Testing (POET)
- Work Hardening Programs

Our team delivers objective testing, defensible documentation, and clear communication to support safe, efficient return-to-work decisions.

Meet the Team at Lonestar Injury Recovery in Tyler, TX

Our Doctors of Physical Therapy are highly trained in treating complex trauma and occupational injuries. We combine clinical excellence with a thorough understanding of the legal and insurance landscapes to ensure every patient receives the support they need to quickly and fully recover.

[Button: [Contact Us](#)]

Our Philosophy

Injury rehabilitation is about restoring livelihood and independence. We prioritize efficient recovery and clear communication to help patients achieve long-term results and return to work safely.

Our Expertise

We have extensive experience managing complex accident and workplace injuries. We use evidence-based treatments to ensure patients receive the most effective care for their specific occupation.

Our Services

Our specialized services facilitate a complete recovery after injury. From manual therapy to work conditioning, we provide the targeted treatments needed to restore any patient's physical function.

[Button: [Schedule an Appointment](#)]

Take the Accelerated Path to Healing

Contact our Tyler, TX, workers comp therapy clinic to discuss your case or schedule an evaluation. We are local experts in the care required for successful worker rehabilitation.

[on-page contact form separate from Lonestar Physical Therapy & Sports Performance's contact form]