

# Sports Medicine & Rehabilitation Centers

- |  |                                      |  |                               |
|--|--------------------------------------|--|-------------------------------|
| <b>A</b> Aquatic Therapy               | <b>G</b> Dry Needling                | <b>L</b> Prenatal/ Postpartum Therapy          | <b>P</b> TMJ Therapy          |
| <b>B</b> Hand Therapy                  | <b>H</b> Neurological Rehabilitation | <b>M</b> AlterG®/Body Weight Support Treadmill | <b>Q</b> Concussion Therapy   |
| <b>C</b> Sport-Specific Rehabilitation | <b>I</b> Lymphedema Management       | <b>N</b> Physical Therapy                      | <b>R</b> Occupational Therapy |
| <b>D</b> McKenzie Method®              | <b>J</b> Vestibular Rehabilitation   | <b>O</b> Pelvic Floor Therapy                  | <b>S</b> Schroth Method       |
| <b>E</b> IASTM                         | <b>K</b> Speech Therapy              |  |                               |

**Appointments:**  
713.521.0020 or  
1.888.301.8477

**FAX:**  
713.874.1798 or  
1.888.504.8477

## SOUTHWEST

- Southwest B C D E N R**  
7789 Southwest Fwy., Suite 570, Houston, TX 77074  
713.456.5221 F: 713.456.5229
- Rockets Sports Medicine Institute-Sugar Land B C E G L M**  
17520 W. Grand Pkwy. S., Suite 100, Sugar Land, TX 77479 **N Q R**  
281.725.5895 F: 281.725.5898
- Sugar Land-Williams Trace A B C D E G H L N O R S**  
14857 Southwest Fwy., Sugar Land, TX 77478  
281.242.8900 F: 281.242.0355
- Sienna C D L**  
8790 Hwy. 6, Suite 140, Missouri City, TX 77459  
281.778.1822 F: 281.778.1826
- Wharton C H J L N**  
2018 Regional Medical Center Dr., Suite 1301, Wharton, TX 77488  
979.532.0888 F: 832.658.4040

## WEST

- Katy A C E N**  
23960 Katy Fwy., Suite 100, Medical Plaza 2, Katy, TX 77494  
281.644.7880 F: 281.644.7888
- Town and Country A C E J L N S**  
650 W. Bough Lane, Suite 168, Houston, TX, 77024  
832.658.3150 F: 713.722.7051
- Rockets Sports Medicine Institute - Katy B C E G M N R**  
23910 Katy Fwy., Suite 100, Katy, TX 77493  
281.500.6100 F: 281.500.6101
- Rockets Sports Medicine Institute-Memorial City B C E G M**  
10125 Katy Fwy., Suite 100, Houston, TX 77024 **N Q R S**  
713.242.2270 F: 713.242.3931
- Westside C G N**  
1140 Business Center Dr., Suite 102, Houston, TX 77043  
713.338.7570 F: 713.338.7575
- Convenient Care Center-South Katy B C D E G N R S**  
22430 Grand Corners Dr., Katy, TX 77494  
281.371.1850 F: 281.371.1851

## SOUTHEAST

- Pasadena B C E G J N R**  
4804 E. Sam Houston Pkwy. S., Suite 200, Pasadena, TX 77505  
281.487.4457 F: 281.991.0336
- Southeast B C D H J N Q R**  
Medical Plaza I, 11914 Astoria Blvd., Suite 620, Houston, TX 77089  
281.929.4475 F: 281.929.6276
- Memorial Hermann | Rockets Sports Medicine Institute-Pearland B C D E G M N P Q**  
11049 Memorial Hermann Dr., Suite 150, Pearland, TX 77584  
713.436.8869 F: 713.436.1838
- Pearland East B C E G N R S**  
5032 W. Broadway, Pearland, TX 77581  
281.485.4044 F: 281.485.4081
- Alvin-Thelma Ley Anderson YMCA C N**  
3201 S. Hwy. 35, Alvin, TX 77511  
281.331.9559 F: 281.331.8875
- Webster B C E G L N O R**  
19419-3 Gulf Fwy., Webster, TX 77598  
281.488.2815 F: 281.488.2844
- Convenient Care Center-League City C E N**  
2555 S. Gulf Fwy., League City, TX 77573  
832.932.9820 F: 832.932.9825

## EAST

- East Houston C D E G L N**  
10907 East Fwy., Houston, TX 77029  
713.674.2573 F: 713.674.3081
- Mid County B C E G N R**  
3512 Hwy. 365, Nederland, TX, 77627  
409.722.7116 F: 409.722.7450

## NORTH

- Conroe C E G L N P**  
2956 I-45 North, Suite 500, Conroe, TX 77303  
936.441.4422 F: 936.441.4427
- South Conroe C E I G H J L N P Q**  
690 S. Loop 336 W., Suite 120, Conroe, TX 77304  
936.270.6020 F: 936.270.6025
- Willowbrook C D N**  
19760 State Hwy. 249, Houston, TX 77070  
281.469.9397 F: 281.469.9756
- The Woodlands C E G J L M N O P Q S**  
Medical Plaza 4, 9180 Pinewood Dr., Suite 200,  
The Woodlands, TX 77380  
713.897.2549 F: 713.897.2544
- The Woodlands-Sterling Ridge C D E J L N P Q**  
10333 Kuykendahl, Suite C, The Woodlands, TX 77382  
832.813.7023 F: 832.813.7099
- Rockets Sports Medicine Institute-The Woodlands B C G M N R**  
9305 Pinewood Dr., Suite 450, The Woodlands, TX 77380  
713.897.7930 F: 713.897.2632
- Cypress C E G N O Q**  
27700 Northwest Fwy., Suite 130, Cypress, TX 77433  
346.231.6900 F: 346.231.6901
- Convenient Care Center-Spring C E J N Q**  
7474 N. Grand Pkwy., Suite 300, Spring, TX 77379  
281.374.5440 F: 281.374.5445

## NORTHEAST

- Fall Creek C E J L N O Q**  
9522 N. Sam Houston Pkwy. E., Suite 2330, Humble, TX 77396  
713.814.2510 F: 713.704.3890
- Atascocita C E G J N Q**  
13531 Will Clayton Pkwy., Suite 600, Humble, TX 77346  
713.814.2520 F: 713.704.3891
- Convenient Care Center-Kingwood C E G N Q**  
4533 Kingwood Dr., Level 1, Suite 100, Kingwood, TX 77345  
832.658.4310 F: 713.704.2763
- Kingwood West B C E G N Q**  
601 Rockmead Dr., Kingwood, TX 77339  
713.814.2530 F: 713.704.3844

## CENTRAL

- Rockets Sports Medicine Institute-Texas Medical Center B C E G**  
6400 Fannin St., Suite 1620, Houston, TX 77030 **M N Q R**  
713.704.2200 F: 713.704.9602
- Greenway Plaza B C D E G L N O R**  
3651 Wesleyan St., Suite 110, Houston, TX 77027  
713.850.8472 F: 713.850.8490
- Rockets Sports Medicine Institute-Shepherd Square C E G M N O**  
2085 Westheimer Rd., Houston, TX 77098  
713.526.6143 F: 713.527.8215
- Greater Heights A B C D E G N R**  
300 North Loop, Suite 300, Houston, TX 77008  
713.867.2300 F: 713.867.2545
- Convenient Care Center-Greater Heights C D E G N S**  
1431 Studemont St., Houston, TX 77007  
346.701.3820 F: 346.701.3825
- Bellaire C G N P Q S**  
5420 W. Loop S., Suite 1400, Bellaire, TX 77401  
713.314.4531 F: 713.314.4579

**MEMORIAL  
HERMANN**  
Sports Medicine &  
Rehabilitation

## Sports Medicine & Rehabilitation Centers

**Treatment Close to Home:** With 38 locations across the city, we provide convenient, accessible care where you live and work.

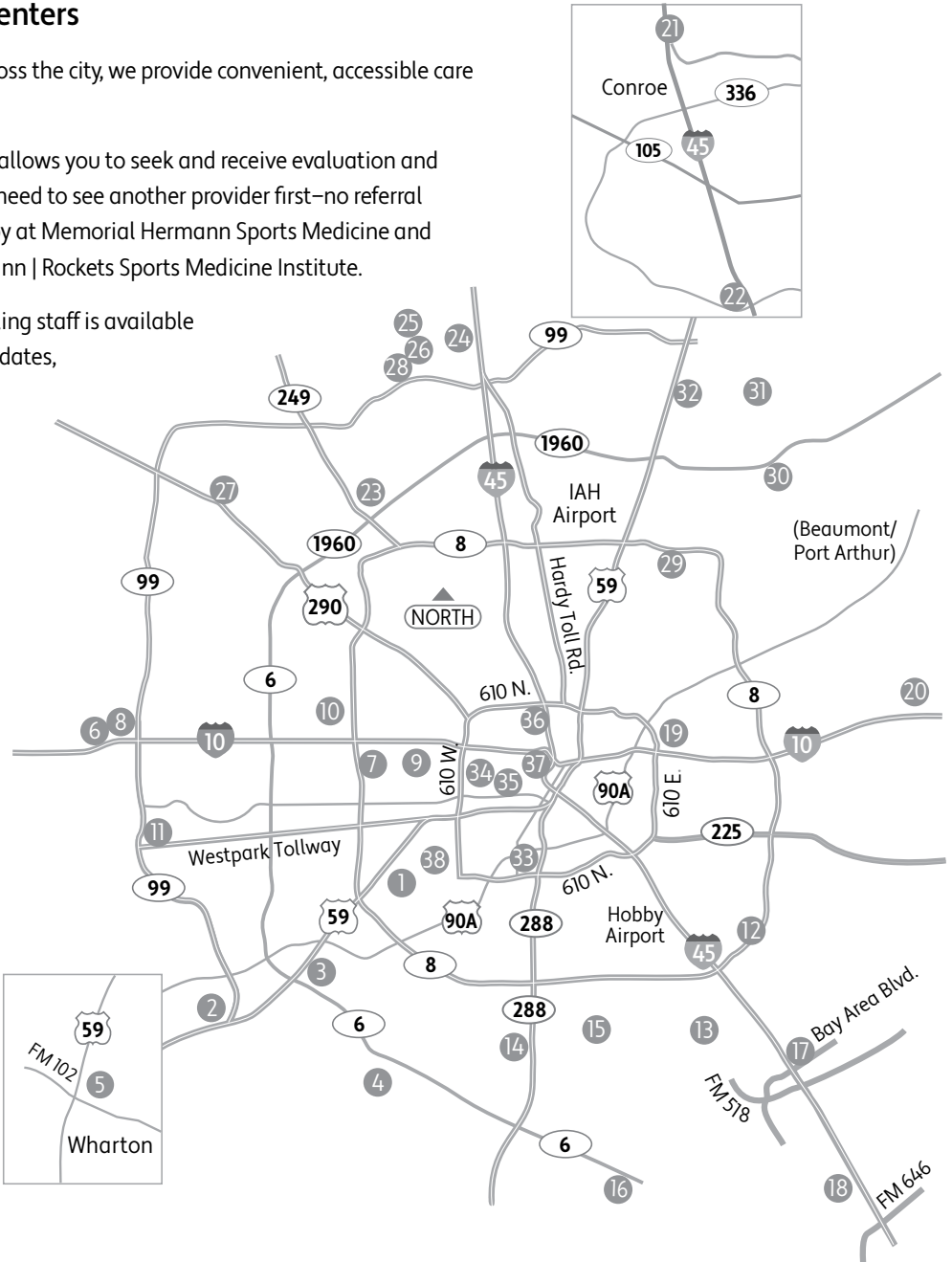
**Direct Access to Physical Therapy:** Direct access allows you to seek and receive evaluation and treatment from a physical therapist without the need to see another provider first—no referral required. We offer direct access to physical therapy at Memorial Hermann Sports Medicine and Rehabilitation clinics as well as Memorial Hermann | Rockets Sports Medicine Institute.

**Centralized Scheduling:** Our centralized scheduling staff is available to assist with the most convenient appointment dates, times and locations.

**Certified, Specialized Therapists:** Our licensed, highly skilled therapists will determine whether you are better suited for general therapy or one of our specialty programs. We will take the time to set goals specifically addressing your needs.

**Comprehensive Services:** We provide a wide range of therapy programs, including:

- Hand therapy
- Aquatic therapy
- Neurological rehabilitation
- Lymphedema management
- Vestibular rehabilitation
- Speech therapy
- TMJ therapy
- Isokinetic testing
- McKenzie Method®
- Dry needling
- Prenatal/postpartum therapy
- Pelvic floor therapy
- Schroth Method
- AlterG®/Body Weight Support Treadmill, Instrument-Assisted Soft Tissue Mobilization (IASTM), TRX®, active release
- Sport-specific rehabilitation and performance improvement/physical therapy



**Physician Collaboration:** We develop your individualized therapy program in close collaboration with your physician. Our therapists perform comprehensive evaluations of each patient. We communicate our findings and recommended plan of care to your physician after the comprehensive patient evaluation is completed. Throughout the treatment process, we keep your physician informed about your progress.

**Insurance:** We are committed to working with your physician, insurance provider and employer to provide you full access to our healthcare services. We accept most major insurance plans. Contact your insurance carrier, or visit [memorialhermann.org](http://memorialhermann.org) and go to the “Patients & Visitors” section. Find “Financial Care”, and then click on “Accepted Insurance” for a listing of insurance plans accepted by our facilities and affiliated providers.

### 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)

**MEMORIAL  
HERMANN**  
Sports Medicine &  
Rehabilitation