

# Naples Physical Therapy Clinic, Jaffe Sports Medicine, Welcomes New Therapist To Team

NAPLES, FL, USA, May 2, 2014 /EINPresswire.com/ -- [Jaffe Sports Medicine](#) of Naples, FL has a new physical therapist on staff. Mary Ann Roche joined the Naples physical therapy clinic this past winter and has already begun helping patients on the road to recovery.

Patients of Jaffe Sports Medicine in Naples, FL started seeing a new face at the clinic this year. Mary Ann Roche, DPT, joined the physical therapy and [sports rehab clinic](#) this past winter as their newest Physical Therapist. Roche holds a Doctorate in Physical Therapy from Northeastern University in Boston, MA where she also received her Bachelor's of Rehab Science. She previously practiced in an orthopedic outpatient physical therapy clinic in East Bridgewater, MA.



"We're very excited to have Mary Ann join us. She is passionate about physical therapy and loves helping people gain strength, flexibility, and independence while reducing their pain levels. She has a great personality that patients love and is great at motivating them to keep up with their therapy exercises," said [Dr. Peter Jaffe](#) of Jaffe Sports Medicine (<http://jaffesportsmedicine.com>).

Roche relocated to Naples from Massachusetts specifically to practice with Jaffe Sports Medicine. Her personal philosophy of hands-on rehab supports Jaffe Sports Medicine's goal of identifying and correcting the root cause of their patients' pain.

"Our patients come to us in pain and it's our job to help that pain either diminish or go away entirely. Short-term solutions don't work forever so we take the time to diagnose and understand the root cause of the pain. This helps us work with the patient to make sure it doesn't happen again. For example, low back pain can be caused by poor posture that is due to weak abdominal muscles. In addition to in-clinic therapies, we can provide the patient with exercises they can do at home to help themselves regain their strength and manage the root cause of their pain, which is the abs, not the back," explained Dr. Jaffe.

Jaffe Sports Medicine is staffed with specialists in sports medicine and physical therapy in Naples. Board-certified physicians and licensed physical therapists work with patients who are in

pain as a result of diseases and conditions, injuries and post-op surgery. Dr. Jaffe and his team provide comprehensive diagnoses and use those diagnoses to develop customized therapy and pain management plans for their patients.

Jaffe Sports Medicine patients do not need referrals, as their board-certified doctors are able to expertly diagnose and set up comprehensive treatment plans and follow the patients' progress with the therapists. Doctors can order MRI's and scans when necessary and perform epidural injections as needed.

About Jaffe Sports Medicine:

Jaffe Sports Medicine Physicians and therapists provide physical therapy and pain management to patients suffering from acute and chronic pain as a result of, diseases, injuries, or following surgical procedures. They provide comprehensive diagnosis and a wide variety of customized therapy options all performed by highly trained board certified and fellowship trained physicians and licensed therapists.

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