

At UP Rehab Services we take pride that we have been providing physical therapy, occupational therapy, speech therapy, hand therapy and athletic training with one on one care since 2005. It is our goal to provide superior quality therapy on each and every visit to exceed your expectations. Satisfaction customer surveys rate us at exceeding expectations 98% of the time.

Services we provide: Aquatic therapy, fall prevention, sports/orthopedic rehab, spine rehab (neck and back), chronic pain rehab, oncology rehab, bariatric rehab, neuro-vestibular rehab, women's health/pre and post-partum therapy, hand therapy, lymphedema, post-operative therapy and pediatric rehab.

WE GET YOU BETTER

Please go to our website uprehab.com to request an appointment at a facility nearest you.

Keeping Kids Healthy and Active

Getting your child involved in sports is one of the best ways to promote exercise. Beyond building strength and coordination, sports help children grow in confidence, make friends, and learn teamwork all while having fun.

Every child is unique, and discovering what they enjoy takes a little exploration. Attend games together, try out different activities, and pay attention to what excites them. The more experiences your child has, the easier it will be to find an activity they truly love.



It is important to make sure that the child's sporting activity is age appropriate.

- **Toddlers (2–5 years):** Focus on unstructured play like running, jumping, climbing, and exploring. These help build coordination, attention, and early social skills.
- **Ages 8 and up:** Team sports and organized games become more suitable as children start to understand rules, cooperation, and strategy.

REFER A FRIEND

UP Rehab Services

Email address:
info@uprehab.com

Website:
uprehab.com

We provide free injury
screens at all locations.

Outpatient Therapy Locations:

**Marquette, Baraga,
Alger, Delta and
Dickinson County**

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about us!

If your child does not like athletic activities, take the opportunity to spend more time with your child and encourage physical activity with regular walks, swimming, tossing a ball around, or simply kicking a ball back and forth. The goal is to keep activity fun and varied so they stay motivated and engaged.

Safety First

Injuries can happen even with the safest play. If your child gets hurt, consult a doctor promptly. In many cases, the doctor may recommend physical and occupational therapy to support a safe and full recovery.



Physical and occupational therapists help children heal through gentle, playful exercises designed to restore strength, balance, and mobility. These sessions are designed to be fun and engaging, helping your child stay positive and cooperative throughout recovery.

We're here to Help

Physical and occupational therapy aren't just about recover, they're a path to confidence, coordination, and lifelong movement. Therapists use creative techniques such as crawling, balancing games, or "follow the leader" to make exercise feel like play and your child won't realize that he or she is being treated.



Your encouragement makes a big difference. Participate, cheer, and play along so your child feels supported and motivated.

Physical and occupational therapy will help your child regain full potential, allowing your little bundle of joy to experience the pleasure of sport and grow physically and emotionally in the process. Your child will look forward to the play sessions and be an active participant in the recovery process.

Please visit our website at Uprehab.com to find a location nearest you.