

PAIN FREE PRACTICE leads to a better game day!



Coaches: NO more missed practices!

**Get more out of your athletes and be sure their mechanics are straight
with Sports Orthotics and more!**

Can I help your student athlete perform better? I have been helping athletes succeed for over thirty years. I have developed the Cohen Index, a lower extremity biomechanical postural system that pin-points where the athlete's weaknesses and strengths are. Then armed with that information we can change faulty mechanics into functioning mechanics.

Problems such as hip and back pain, shin splints, stress fractures, patella-femoral syndrome (knee pain), and heel pain can be corrected by my system.

By correcting mechanical faults, the body becomes more mechanically efficient. The athlete is less likely to develop overuse syndromes that may cause the athlete to miss practices, or worse, miss game time!

Let's face it, if your athlete has this pain with practice, he or she could never develop into the true athlete that they want to be. This is why most young athletes drop out. It becomes too painful for them to participate in the activity. It's no fun.

Let my system work for your athlete.



**We will come to you and your team
or you can come to us!**



Hi, I am Dr. Lee Cohen. My staff and I can help your athletes stay healthy through our unique system approach to body realignment. We specialize in custom insole devices called performance enhancement devices, or orthotics. We will direct you to therapeutic exercise programs, guide you through the sports shoe world as well as, find what shoe is right for your athlete. I have been the podiatric consultant for the Philadelphia Eagles for twenty-five years the Philadelphia 76ers for sixteen years and the Philadelphia Wings for over ten years. I know sports medicine and I know we can help your athlete do better. Find us at DrLeeCohen.com.

Philadelphia's Sports Podiatrist

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