**Kenny Howell**

*Managing Editor*

A local physical therapy provider is making it easier for you to know what to do about your sports related injuries.

Select Physical Therapy has started a free sports injury hotline for the public.

With sports season about to fire back up, injuries are bound to happen. If you have an injury that isn't quite bad enough to go to the emergency room, but does give you some concern, you can call the 24/7 hotline at (615)904-4829 to see whether you need to seek care.

"It's having that peace of mind," said Select Physical Therapy's Tammy Jowers.

The professional consultants will give you advice on whether you should ice, or elevate an injury, things you could do to relieve pain, and what your next steps should be. There is no catch to the service, you are not required to use Select Physical Therapy for any additional therapy.

If you would like to receive a key chain, call the Mt. Juliet location at (615)758-2490.

Select Physical Therapy is a highly respected clinical team that provides preventative, rehabilitative and performance-enhancing services that maximize functionality and promote well-being. They offer many core and specialized services, and will be the first physical therapy provider with an aquatic therapy pool in Wilson County.

Select Physical Therapy is located at 5000 Crossing Circle, Suite 100 in Mt. Juliet.