



Aplington-Parkersburg school district and Taylor Physical Therapy partner to provide comprehensive sports medicine services to all Aplington-Parkersburg athletes. With the goal of making sports medicine services more accessible, an on-site athletic trainer is provided in various ways to help injured athletes get the help they need the most efficient and effective way possible. With that, early evaluation can help prevent injuries and keep athletes where they belong - on the court or playing field!

Who is Aplington-Parkersburg's onsite healthcare provider?

Julie Eddy, PT, DPT proudly serves the sports medicine needs of your Aplington-Parkersburg Plainfield Huskies!

With a Bachelor's degree in biology from the University of Northern Iowa, a Master's degree in physical therapy from the University of Iowa, and a Doctor of physical therapy degree from Des Moines University, physical therapist Julie Eddy brings valuable knowledge to her patients. She enjoys getting to know her patients/athletes and believes that if patients/athletes have confidence in her, they can work together to develop a plan to meet all their goals.



Julie Eddy, PT, DPT



What services are provided for your Aplington-Parkersburg Athletes?

Injury-Checks: During this time, Julie can evaluate injuries, check on “tweaks” and nagging pains, offer guidance to prevent injuries, provide activity modifications to keep the athlete safely participating, or recommend further follow up evaluation / referral as needed. Communication is key - progress reports for coaches and parents will be provided as well as education for athletes so they understand their injuries.

When: Every Wednesday after school.

How: No appointment needed - approach Julie with any sports medicine concerns or let coach know you would like to speak with her.

Sporting Events:

Julie can be found on the sidelines of home volleyball contests, home boys and girls basketball contests, and home track and field events. In season athletes can utilize Julie before, during, or after competition. Out of season athletes may also take advantage of this opportunity to seek Julie’s help while cheering on their fellow Huskies. In addition to Julie’s coverage, our Sports Medicine team works to also provide additional coverage for cross country meets, wrestling meets, and soccer events!

FREE Injury Evaluations at Taylor Physical Therapy Aplington-Parkersburg:

Taylor Therapy’s Parkersburg Clinic offers one **FREE** injury evaluation per injury. During that evaluation, a physical therapist will complete a thorough evaluation, provide treatment as indicated, and recommend follow up as needed. They will provide education to the athlete and parent, address questions or concerns, and communicate with coaches regarding practice guidelines and return to competition as needed. Contact Taylor Physical Therapy’s Aplington-Parkersburg clinic between 8am-5pm to schedule: 641-435-4476

Clinic Location:
1306 Highway 57, Suite B
Parkersburg, IA 50665
(319)-346-9783

Visit our website to learn more about the Sports Medicine program!