

# The Lab Rehab & Performance

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#1401 11501 Buffalo Run Blvd  
Tsuut'ina, Alberta T3T 0E4  
Canada

Phone: (587) 414-0193

The Lab Rehab & Performance offers expert sports therapy Calgary for athletes and active individuals. Our sports physiotherapists use objective assessments and structured rehab plans to guide recovery, prevent reinjury, and improve performance. We provide sports massage therapy, strength training, and injury prevention—all in a space designed for real progress. No generic treatments, just focused care built around your needs. Schedule your consultation now and get back to doing what you love. Website:  
<https://thelabrehabandperformance.com/> Phone Number:  
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