

APTA and NSCA Release Joint Principles Statement to Advance Athlete Health, Performance, and Well-Being



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Anaheim, Ca. — The American Physical Therapy Association and the National Strength and Conditioning Association released a joint principles statement today, affirming their shared commitment to advancing client and athlete health, performance, and well-being through evidence-based practice and interdisciplinary collaboration. The announcement comes during the largest physical therapy conference in the U.S., the APTA Combined Sections Meeting.

The statement recognizes the complementary roles of physical therapists and strength and conditioning coaches in supporting athletic performance, preventing injury, and facilitating safe and effective return-to-play processes.

“Grounded in shared values, our principles provide a collaborative framework across rehabilitation, reconditioning, and performance,” said APTA CEO Justin Moore, PT, DPT. “Many in our professions are both physical therapists and certified strength and conditioning specialists, allowing us to deliver evidence-based training that’s tailored to each individual — whether the goal is peak performance, injury prevention, or long-term health.”

Both organizations align in core values, including client and athlete-centered care, scientific integrity, injury prevention and resilience, and ethical practice.

“NSCA is proud to work with APTA to advance evidence-based, collaborative coaching and care that supports athlete health, safety, and performance. We celebrate the distinct value each profession brings to our shared mission,” said Michael Massik, executive director of the NSCA.

Together, APTA and NSCA seek to strengthen interdisciplinary partnerships that advance evidence-based care and enhance the health, safety, and performance of clients and athletes nationwide.

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About APTA

The American Physical Therapy Association represents 100,000 physical therapists, physical therapist assistants, and physical therapy students nationwide. Visit [the APTA website](#) to learn more.

About NSCA

Founded in 1978, the National Strength and Conditioning Association is an educational nonprofit dedicated to advancing the strength and conditioning and sports science professions around the world. Learn More at [NSCA.com](#)