



# Understanding Sports Medicine

Comprehensive non-surgical orthopaedic and medical care – not just for athletes

## Just like athletes, our edge lies in our training

Summa's board-certified physicians are specially trained in sports medicine, which makes them uniquely qualified to advise and oversee athletic trainers, physical therapists and other medical staff. They are experienced in the treatment of youth sports teams, "weekend warriors," professional and amateur athletes, and non-athletes.

## Why see a sports medicine physician?

Approximately 90 percent of sports-related injuries do not require surgery. Sports medicine physicians specialize in the non-surgical treatment of everything from sprains and strains to concussions and fractures. More important, sports medicine physicians can help with overall health and wellness for athletes and non-athletes of all ages.

## Same-day/next-day services offered:

- ♦ Primary care sports medicine/orthopaedics
- ♦ Overuse injuries (tendonitis/tendonosis)
- ♦ Fracture care
- ♦ Sprain/strain and dislocation care
- ♦ Joint pain
- ♦ Osteoarthritis
- ♦ Joint injections
- ♦ Platelet-rich plasma injections
- ♦ Ultrasound-guided injections
- ♦ Compartment syndrome testing
- ♦ Return-to-play decisions

## Medical Sports Medicine

- ♦ Skin checks for wrestlers
- ♦ Pre-participation screenings
- ♦ ImPACT® testing for concussion
- ♦ Mononucleosis
- ♦ Asthma
- ♦ Diabetic athletes
- ♦ Anemic athletes
- ♦ Heat illness
- ♦ Overtraining
- ♦ Altitude illness
- ♦ Exercise prescriptions and wellness
- ♦ Nutrition, supplements and athletic performance issues

Our sports medicine physicians offer **same-day/next-day appointments** at one of our locations in Summit, Portage and Medina counties.

To schedule an appointment, call **(888) 778-6627**

