

OHIOHEALTH SPORTS MEDICINE

Performance Clinics



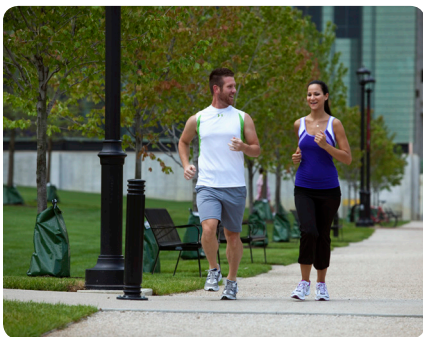
OhioHealth Bike Clinic

- + A functional strength and flexibility assessment with an OhioHealth physical therapist
- + Personalized exercise recommendations
- + Video analysis of cycling mechanics
- + A bicycle fitting with Dan Wesley, Certified USA Cycling, triathlon coach and bike fitter
- + Overall results and recommendations by physical therapist and bike fitter



OhioHealth Golf Clinic

- + Visit with Thomas Hospel, MD, PGA Medical Director
- + Titleist Performance Institute functional screening
- + Golf lesson with PGA professional
- + Video analysis of golf swing
- + Individual nutrition assessment
- + Mini session with Sports Psychologist
- + Individualized exercise program



OhioHealth Runner's Clinic

- + A private consultation with Darrin Bright, MD, Medical Director of the Columbus Marathon, OhioHealth Capital City Half Marathon and Marathoners in Training (MIT)
- + A video recording and analysis to assess running technique and gait
- + A full musculoskeletal (bone, joint and muscle) and biomechanical assessment
- + A force plate assessment of foot biomechanics
- + An expert running shoe evaluation
- + Personalized nutrition counseling with a sports dietitian



OhioHealth Thrower's Clinic

- + A personalized session with Dean Taylor, athletic trainer and National Pitching Association (NPA) certified coach
- + A biomechanical screening to assess functional flexibility and muscular imbalances
- + A video recording of throwing form from multiple angles
- + Personalized throwing drills and corrective exercises
- + An individualized functional strength program that targets weak links
- + A follow up to evaluate new movements and check progress

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Specialty Programs and Offerings

Specialty Programs

- + Student Athlete Clinics
- + Group Clinics
- + VO2 Max Testing
- + Lactate Threshold Testing
- + Running Gait Re-Training
- + Golf Swing Lessons
- + Titlist Performance Institute Screening
- + Functional Movement Screening
- + Corrective Exercise Programming
- + Normatec System
- + Sports Massage
- + APEX

Educational Programs

- + Sport Performance
- + Concussion Education
- + First Aid
- + CPR/AED training
- + Coaches Education (PAP)

NEED MORE
INFO?

Health and Wellness

- + Custom Foot Orthotics
- + Nutrition Assessment
- + Body Composition Testing
- + DEXA Scan
- + RMR
- + Sports Psychology Consultation
- + Sports Medicine Physician Evaluation
- + Sports Physical Therapy
- + Athletic Trainer Evaluation
- + Therapeutic Massage
- + Impact Testing
- + Health and Fitness Center Memberships
 - McConnell Health Center
 - Grant Health Center

To schedule, please contact our
Performance Clinics

(614) 566.1786

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OhioHealth.com/SportsMedicine



OhioHealth

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