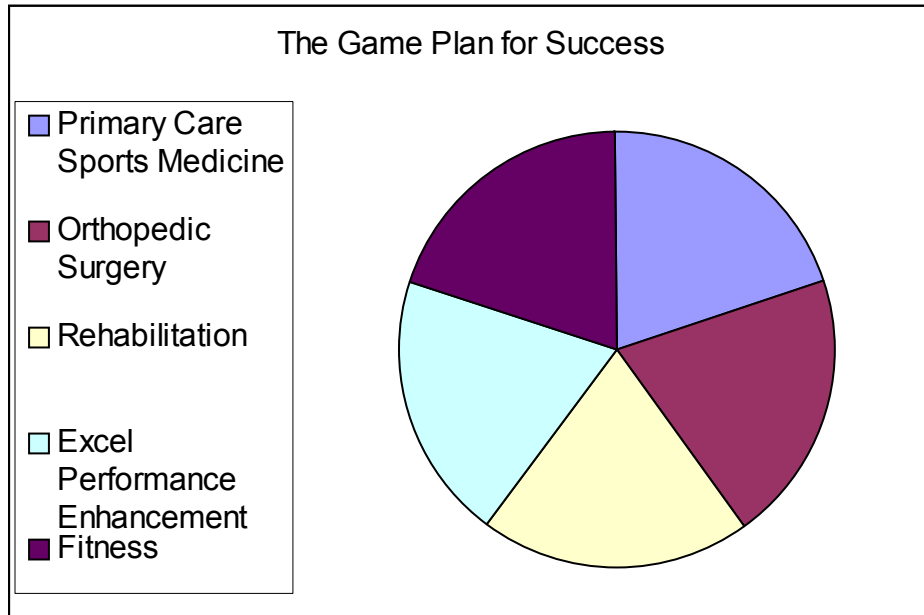


Game Plan for Success

At Sports Care we are committed to providing the highest quality in health and wellness services for the people of our community. This commitment includes a five-fold approach to sports medicine, rehabilitation and fitness.



When sports and orthopedic injuries are hindering peak performance, Sports Care combines the full resources of experienced sports medicine professionals to bring national caliber intervention.

- ✘ Orthopedic Surgeons Fellowship-trained in Sports Medicine
- ✘ Primary Care Physicians Fellowship-trained in Sports Medicine
- ✘ Physical Therapists/Physical Therapist Assistants
- ✘ Athletic Trainers
- ✘ Performance Enhancement Specialists
- ✘ Sports Nutritionists
- ✘ Sports Psychologists
- ✘ Personal Trainers

Sports Care Physicians

Sports Care Physicians are a team of dedicated primary care physicians, fellowship-trained in sports medicine, who specialize in the prevention and treatment of sports-related injuries.

- ✘ **Sports Medicine Clinic**

This clinic provides quick and accurate injury assessment and treatment for the purpose of facilitating a rapid and safe return to the game.

- ✘ **Game/Community Event Coverage**

From football to volleyball, our team of physicians and athletic trainers are located at many of our local schools to offer assistance and medical attention to athletes and coaches.

- ✘ **Sports Physicals**

We provide annual pre-participation physicals for area athletes throughout the year.

Orthopedic Surgeons

Our team of dedicated sports medicine physicians also includes orthopedic surgeons who are board-certified and fellowship-trained in sports medicine.

- ✘ **Orthopedic Clinic**

There is on-site availability of orthopedic surgeons for sports medicine injuries that may require surgical intervention.

- ✘ **On-site outpatient surgery facilities of Wildwood Surgical Center**

This outpatient surgery center is conveniently located under the same roof as orthopedic surgeons, primary care sports medicine, rehabilitation, performance enhancement and fitness.

Rehabilitation

At Sports Care, our rehabilitation specialists offer a variety of unique and effective treatments that incorporate state-of-the-art methods, procedures and equipment to maximize the effectiveness of the rehabilitation process.

- ✘ Land-based Therapy
Sports Care has a 5,000 square foot dedicated rehabilitation space, a 10,000 square foot attached fitness facility, full-size basketball court and in-door track available for the comprehensive rehabilitation of our local athletes.
- ✘ Aquatic Therapy
Our specially trained personnel create aquatic programs that allow increased strength, dynamic stability, range of motion, and endurance of musculoskeletal conditions or injuries.
- ✘ Manual Therapy
- ✘ Functional Rehabilitation for Accelerated Return to Play

Fitness

Also located with Sports Care, inside Wildwood Medical Center, is a 10,000 square foot fitness center, Wildwood Athletic Club. As part of the dedicated team of professionals, we are dedicated to providing quality health, fitness and recreation programs for our members.

- ✘ Convenient for Independent Continuation of Ongoing Rehab
When formal therapy is complete and direct supervision is no longer required, the fitness club is an ideal place to continue working toward your personal goals.
- ✘ Personal Training
However, if you prefer the comfort of one-on-one supervision and assistance the personal training staff at Wildwood Athletic Club will consult with your physical therapist and design a program unique to you.
- ✘ General Fitness/Wellness

Sports Care Excel *Performance Enhancement Program*

Sports Care Excel is an innovative performance enhancement training program dedicated to providing clients with education and cutting-edge training techniques designed to optimize athletic performance

- ✘ **Speed Agility Quickness Training**
This program optimizes speed development and movement skills in each athlete.
- ✘ **Personal Performance Training**
Designed for the athlete who wants a high level of accountability, these programs are individually crafted based on the athlete's goals and performance objectives.
- ✘ **Sports-specific Performance Clinics**
Performance Clinics are designed to assist the athlete in meeting the unique demands of a given sport.
- ✘ **Performance Assessment**
Each athlete is evaluated and assessed for the purpose of determining their level of strength, speed, agility, power, flexibility, aerobic fitness, anaerobic fitness and body composition.
- ✘ **The Coaches Edge: Sports Medicine and Performance Education**
This program provides a format of interactive lectures and hands-on demonstrations as a means of providing coaches with information on a variety of sports-specific topics.

Athletic Training Outreach Program

Our certified athletic trainers provide immediate assistance when injuries occur and are actively involved in assisting athletes with return to play.

- ✘ **Clinical Rehabilitation**

Our athletic trainers play a key role with the execution of sport-specific exercise programs for athletes requiring the formal clinical rehabilitation environment.

- ✘ **Game/Community Event Coverage**

Athletic trainers provide on-field evaluation and care from the time an injury occurs through their return to play.