



Sports Health

Dedicated to Building **Champions**



Dedicated to Building Focus



The Competitive Edge

All athletes deserve the very best sports-related care and treatment that's one-on-one and state-of-the-art. Cleveland Clinic Florida Sports Health is dedicated to helping you improve your conditioning to become stronger and faster and maximize your abilities. We treat injuries if they do occur and improve future performance.

The Cleveland Clinic Florida Sports Health team brings together top orthopaedic surgeons, primary care sports medicine physicians, physician assistants, physical therapists, athletic trainers, registered dietitians, radiologists and exercise physiologists to keep athletes in the game.

Our experts treat athletes in all sports, at all skill levels. As our patient, you have access to the same specialists who treat South Florida's professional sports teams and an orthopaedic program with a consistently high performance rating in the Miami-Ft. Lauderdale area by *U.S. News & World Report*.

Our Services

Our team has specially designed comprehensive programs — both to help you in your sport every day, or to help you recover from a sports injury as quickly and safely as possible.

Injury Care and Management

Whether knee pain is affecting your performance or you've torn your rotator cuff, accurate diagnosis is crucial. Our medical and surgical specialists use the latest diagnostic technology to evaluate your injury and develop a specialized care plan to return you to your pre-injury performance as quickly as possible.

Medical Treatments

Primary Care Sports Medicine – Athletes have special needs. Primary care sports medicine physicians specialize in the nonoperative treatment of medical conditions you may face, including:

- Acute injuries (sprains; knee, shoulder or other joint injuries; fractures; head injuries)
- Overuse injuries
- Concussion evaluation and management
- Helping you manage your athletic performance if you have a chronic medical condition (such as diabetes or heart disease)

Sport-specific Rehabilitation – There's a difference between an injury and a sports injury. That difference is you, the athlete. The Cleveland Clinic Florida Physical Therapy and Rehabilitation team will help you get back into your game as soon and as safely as possible. Cleveland Clinic Florida is a proven leader in sports health with a comprehensive program for professional, collegiate, scholastic and recreational athletes.

Our sports physical therapists specialize in treating muscle, tendon and bone injuries using a biomechanical assessment and treatments to rapidly restore your function. Our physical therapists work with a team of



athletic trainers, physical therapy assistants, exercise physiologists and strength and conditioning specialists to create individualized, high-quality programs. Services provided include:

- Comprehensive physical therapy evaluations
- Individualized functional exercise programs
- Manual and soft tissue therapy treatment to restore range of motion and strength
- Sport-specific rehabilitation programs, often including biomechanical video analysis

Our team's emphasis is on effectively transitioning both nonoperative and surgical patients from rehabilitation to peak athletic performance.

Surgical Treatments

Orthopaedic Surgery – About 90 percent of all sports injuries are treated nonsurgically. But when surgery is needed, our primary care sports physicians collaborate with our orthopaedic surgeons to assist with both overuse or traumatic injuries, including:

- Complex shoulder and knee revision surgery
- Torn ligaments and tendons
- Broken bones
- Damaged cartilage
- Arthritis and other degenerative conditions

Our surgeons use minimally invasive techniques (such as arthroscopic surgery) whenever possible to minimize pain, scarring and recovery time.



Official Medical Provider
for the **Florida Panthers**



Sports Performance

The Performance and Fitness Evaluation Program at Cleveland Clinic Florida offers a series of assessments that measure various components of fitness and provides information for designing individualized fitness programs.

Our goal is to help athletes develop an awareness of their current fitness level. We will provide metabolic information to help develop targeted workouts in a manner that improves aerobic fitness and maximizes performance. The program includes:

- Nutritional guidance and/or meal plans
- Fitness/performance assessments, metabolic testing
- Aerobic capacity testing (VO2 Max)
- Lactate threshold testing
- Resting metabolic rate (RMR) analysis
- Body composition analysis
- Target heart rate zone analysis





Specialty Programs

Sports Nutrition

Optimal nutrition is important for maximizing your stamina and ability to perform. In collaboration with our certified nutritionists, the Sports Health team can help you stay healthy, avoid injury or accelerate your healing. Nutritional requirements vary by sport, so our nutritionists will work with you one-on-one to design a nutrition plan that helps you achieve your goals, including:

- Improving your diet and hydration status to maximize your performance or workout
- Assisting with weight loss, muscle and weight gain
- Prevention of bone loss and injuries
- Helping you play your best with a chronic condition, such as diabetes or heart disease

Women's Sports Health

Female athletes sometimes face very different medical and athletic needs than their male counterparts. Recognizing this, we have assembled a team of physicians and rehabilitation specialists with experience caring for girls, adolescents and women. They strive to help them achieve optimal health and sports performance by providing expert guidance on:

- Training, rehabilitation and injury prevention
- Stress incontinence
- Weight loss, amenorrhea and osteoporosis
- Maintaining your sports routine during pregnancy and menopause



Concussion Evaluation and Management

The Cleveland Clinic Florida Concussion Program, a collaborative effort between Primary Care Sports Medicine and the Neurological Center, is dedicated to evaluating and managing athletes who have suffered a concussion. Our team is made up of primary care sports medicine physicians, neurologists, neurosurgeons, neuropsychologists, certified athletic trainers, vestibular therapists, radiologists, neuroophthalmologists and researchers, all dedicated to getting the athlete back to play safely.

Our Concussion Program is ingrained in our South Florida community. Our team not only provides concussion care and prevention education but also proactively coordinates and implements baseline concussion testing programs throughout Palm Beach and Broward counties.

Regenerative Medicine

Cleveland Clinic Florida Sports Health offers the latest treatment options for sports injuries, chronic joint or tendon pain and degenerative conditions by utilizing regenerative medicine therapies. Regenerative medicine has the potential to accelerate the body's natural healing process and repair of damaged tissues, reduce pain and improve function. Athletes of all skill levels can benefit from regenerative medicine therapies and treatments, from younger adults, active seniors and baby boomers to amateur and professional athletes.

Cleveland Clinic Florida's Sports Health specialists will customize treatment plans using the latest regenerative medicine treatments including:

- Platelet-Rich Plasma (PRP) therapies/injections
- Pulse activation treatments
- Bone marrow therapies/injections
- Amniotic fluid injections
- Tenex Health TX™ percutaneous ultrasonic energy procedure

Making an Appointment

To schedule a consultation with a sports health specialist, call **866.287.2963** or email floridasports@ccf.org. Same-day appointments are available for urgent sports injuries.

Convenient Locations

Sports Health services are provided at convenient locations throughout Broward and Palm Beach counties. We provide comprehensive diagnostic services at these locations and advanced rehabilitation services at our Weston campus.

For more information about Cleveland Clinic Florida Sports Health, visit clevelandclinicflorida.org/sportshealth.



Broward

Weston

Cleveland Clinic Florida
2950 Cleveland Clinic Blvd.
Weston, FL 33331

Krupa Center

3250 Meridian Parkway
Weston, FL 33331

Weston Family Health Center

1825 N. Corporate Lakes Blvd.
Weston, FL 33326

Parkland

7857 North University Drive
Parkland, FL 33067

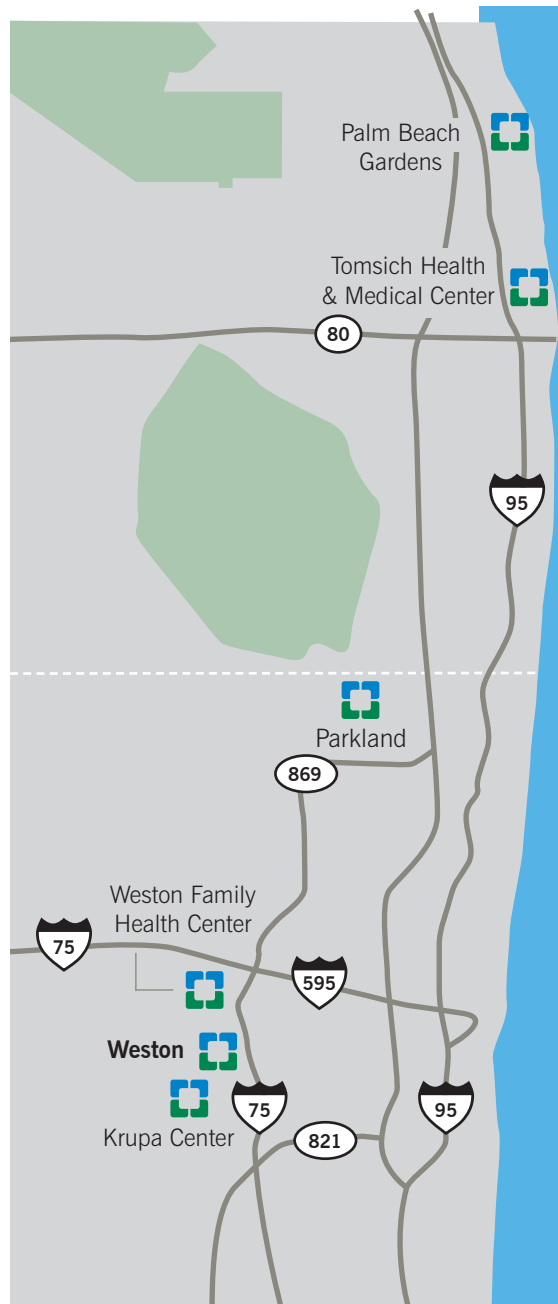
Palm Beach

Tomsich Health & Medical Center

CityPlace Tower
525 Okeechobee Blvd.
14th Floor
West Palm Beach, FL 33401

Palm Beach Gardens

4520 Donald Ross Road
Suite 200
Palm Beach Gardens, FL 33418





2950 Cleveland Clinic Blvd.
Weston, FL 33331



Cleveland Clinic Florida, Cleveland Clinic Florida, located in Weston, West Palm Beach, Palm Beach Gardens and Parkland, is a not-for-profit, multi-specialty, academic medical center that integrates clinical and hospital care with research and education. Cleveland Clinic Florida has 255 physicians with expertise in 55 specialties. The medical campus is fully integrated and includes diagnostic centers, outpatient surgery and a 24-hour emergency department located in the state-of-the-art hospital. Cleveland Clinic Florida ranked #1 among the best hospitals in the Miami-Fort Lauderdale metro area and fifth in Florida in *U.S. News & World Report's* 2016-2017 ranking of Best Hospitals metro area rankings. Cleveland Clinic Florida is an integral part of Cleveland Clinic Ohio, where providing outstanding patient care is based upon the principles of cooperation, compassion and innovation. Physicians at Cleveland Clinic are experts in the treatment of complex conditions that are difficult to diagnose. For more information about Cleveland Clinic Florida, visit clevelandclinicflorida.org.