

The Saint Vincent Sports Medicine Team



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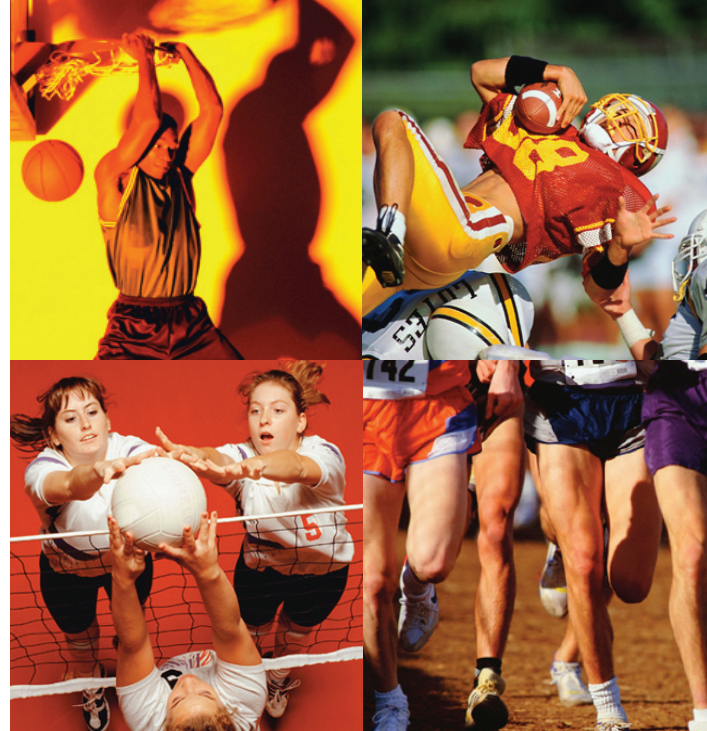
Two convenient locations:

Saint Vincent Sports Medicine

4671 West Lake Road
Erie, PA 16505
814-835-2035
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Saint Vincent Family Medicine Center

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PREVENTION. PERFORMANCE. TREATMENT.

Keeping You in the Game



PREVENTION

Keeping You in the Game

Keeping you in the game means keeping you healthy and competitive, and getting you back in the game safely after an injury. This starts with the advanced level of care you can only find at Saint Vincent Sports Medicine. Our physicians are board-certified sports medicine specialists that serve the total needs of athletes on three levels: Prevention, Performance enhancement and Treatment. This unique program focuses on more than just treating injuries, it also addresses injury prevention and performance enhancement, two overlooked elements of training that can have a huge impact on reaching peak performance.

PREVENTION

Our sports medicine physicians can help you reach your athletic goals injury free.

- **Body Map:** Assessment tool from the National Academy of Sports Medicine for identifying muscle imbalances and other musculoskeletal issues that could lead to injury.
- **Athletic footwear evaluation:** Bring in your athletic shoes for an evaluation of your foot and body mechanics to determine the type of shoe that is right for you and your sport.
- **Pre-participation physicals for students and beginner athletes:** Identification of cardiac, pulmonary and orthopedic conditions of concern for your sport or activity before you start.
- **Educational programs:** Free presentation given by one of our board-certified sports medicine physicians to any team or parent group.
- **Manual medicine:** Hands-on treatment technique that addresses areas of restriction to identify pain patterns.

PERFORMANCE

PERFORMANCE

Whether your goal is to get more playing time, more speed or greater endurance, our expert team can assess your strengths and weaknesses and develop customized enhancement programs to maximize your potential.

- **Body Map:** Identification of muscle imbalances which leads to a personalized enhancement program addressing your movements and body mechanics.
- **Functional exercise:** Customized performance-enhancing exercise program to strengthen muscles and eliminate weaknesses.
- **Runner's/Walker's assessment:** Analysis of your running gait, VO2 max measurement, shoes, diet and training program to provide insight on how you can become a better runner.
- **Manual medicine:** Performance is dependent on proper alignment and structure that can be attained with this hands-on technique.



TREATMENT

TREATMENT

Saint Vincent's board-certified physicians take a comprehensive, minimally invasive approach to treatment and recovery with the goal of preventing injury recurrence and minimizing your time away from the game.

- **Comprehensive treatment of:** Back pain, groin pain, stress fractures, overuse injuries, knee injuries and all types of acute and chronic musculoskeletal injuries.
- **Runner's/Walker's assessment:** The Saint Vincent Sports Medicine team consists of active runners and is the best available resource for injured runners and walkers, addressing common conditions such as runner's knee, shin splints, plantar fasciitis, hip pain, Achilles tendonitis, gastrointestinal disorders and eating disorders. (Our specialists can help you determine causes of foot and ankle pain and develop appropriate methods to lessen and/or eliminate pain.)
- **IMPACT Concussion testing:** Computerized baseline test that assesses brain function, memory, reaction time and concentration in the event of a head injury.
- **Joint injections:** Hyalgan is injected into the knee joint and acts like oil to cushion and lubricate the joint; treatment for osteoarthritis.
- **Manual medicine:** Hands-on manipulation of your body to restore balance among your muscles and skeletal system.
- **Female athlete triad:** Proper treatment of common disorders affecting the female athlete's nutrition, menstrual periods and bone strength.
- **Exercise-induced asthma:** Learn how to control the symptoms of this condition so it has less of an impact on your performance.
- **Management of medical conditions in athletes.**