Sports Medicine Physicians

Why Your Teams and Athletes Need a Sports Medicine Physician

In the increasingly competitive world of youth, high school and collegiate athletics, having a highly qualified Sports Medicine Physician on your care team is crucial to the health and safety of your athletes. Sports Medicine Physicians are Fellowship-trained in the evaluation and management of serious conditions facing athletes like concussions and heart conditions, as well as the evaluation and treatment of activity-related injuries and illness. They can help your athletes continue to compete, while minimizing their time away from sports, work or school.

Sports Medicine Physicians are expertly trained to work directly with certified athletic trainers, physical therapists and the athletes’ primary care physician to provide the best care possible. The National Federation of State High School Associations recommends every student receive a Pre-Participation Evaluation (PPE) before participation. It provides the medical background for shared decision-making to determine medical eligibility and potential physical activity limitations by an athlete, the athlete’s family, and the athlete’s physician or team physician and associated medical staff. For some athletes, the PPE is their only contact with a medical provider and the health care system in any given year.

With the PPE as a baseline, Sports Medicine Physicians understand that youth, high school and collegiate athletes encounter numerous injuries, illnesses and conditions that can limit their performance, keep them out of action or even threaten their long-term health.

A word about the American Medical Society for Sports Medicine

AMSSM is a multi-disciplinary organization of sports medicine physicians dedicated to education, research, advocacy and the care of athletes of all ages. The majority of AMSSM members are primary care physicians with fellowship training and added qualification in sports medicine who then combine their practice of sports medicine with their primary specialty. AMSSM includes members who specialize solely in non-surgical sports medicine and serve as team physicians at the youth level, NCAA, NFL, MLB, NBA, WNBA, MLS and NHL, as well as with Olympic & Paralympic teams. By nature of their training and experience, sports medicine physicians are ideally suited to provide comprehensive medical care for athletes, sports teams or active individuals who are looking to maintain or get started towards a healthy lifestyle. Find a sports medicine physician in your area at www.amssm.org.

American Medical Society for Sports Medicine
(913) 327-1415
www.amssm.org
Training Requirements
Sports Medicine Physicians are specialists uniquely trained to help your athletes manage or overcome injuries or conditions such as:

- Achilles Tendinopathy
- Achilles Tendon Ruptures
- Acute Compartment Syndrome
- Acute Mountain Sickness
- Adductor Tendon Strain/Groin Strain
- Aerobic Training
- Anabolic-Androgenic Steroids
- Ankle Impingement
- Ankle Sprain
- Anterior Cruciate Ligament (ACL) Injuries
- Apophysitis
- Athlete’s Foot
- Athlete’s Heart
- Benefits of Exercise in Children
- Bike Fit
- Blistering
- Blood-borne Infections: HIV and Hepatitis
- Boxer’s Fracture
- Bunions
- Calcific Tendinitis
- Calf Muscle Strain
- Cardiomyopathy and Heart Failure
- Carpal Tunnel Syndrome
- Carpal Tunnel Syndrome Injection
- Cauliflower Ear
- Cervical Radiculopathy
- Cervical Strain/Sprain
- Chafing and Runner’s Nipple
- Chronic Exertional Compartment Syndrome
- Cold Ulceria
- Collarbone Fracture
- Comminuted Cordis
- Compartment Syndrome
- Concussion
- Creatine
- De Quervain’s Tenosynovitis
- Distal Biceps Tendon Rupture
- Doping
- Ear Infections (Otitis Media)
- Eating Disorders
- ECAST: Exercise Collapse
- Associated with Sickle Cell Trait
- Elbow Strain/Sprain
- Exercise and Osteoporosis
- Exercise in Pregnancy
- Exercise Prescription
- Exercise-Induced Anaphylaxis
- Exercise-Induced Bronchoconstriction
- Exercise-Induced Hematuria
- Extenso Tendinopathy
- Eye Injuries in Sports
- Fat and Hip Labral Injuries
- Female Athlete Triad
- FHL Tendinopathy
- Fibular Stress Fractures
- Fifth Metatarsal Fractures
- Fosfibrate
- Greater Trochanteric Pain Syndrome
- Haglund’s Deformity
- Hamstring Strain
- Heat Illness
- Heat Urticaria
- High Ankle Sprain
- High-Altitude Cerebral Edema
- Hip Flexor Strain
- Human Growth Hormone (HGH)
- Hydration
- Hypertension in Athletes
- Hypertrophic Cardiomyopathy
- Iliotibial Band (Friction) Syndrome (ITBS)
- Influenza
- Inguinal Hernia
- Injuries in Dancers
- Intersection Syndrome
- Iron Deficiency and Iron Deficiency Anemia
- Jersey Finger
- Labral Tears – Shoulder Lacerations
- Little League Elbow
- Little League Shoulder
- Liver Injury
- Long QT Syndrome
- Lower Back Pain in Athletes
- Lupus
- Marfan Syndrome
- MCL Sprain
- Meniscus Tears
- Metatarsal Stress Fractures
- Metatarsalgia
- Monoarticular Gout
- Muscle Cramps
- Myocarditis
- Myositis Ossificans
- Navicular Stress Fracture
- NSAIDs and Corticosteroids
- Nutritional Supplements
- Osteoclast Bursitis
- Osgood-Schlatter Disease
- Osteitis Pubis
- Osteochondral Lesion
- Overtraining Syndrome
- Pain Control
- Patellar and Quadriceps Tendon Ruptures
- Patellar Tendinopathy
- Patellofemoral Syndrome
- Pediatric Obesity
- Periostitis
- Peroneal Tendon Injury
- Pes Anserine Bursitis
- Plantar Fascia Injury
- Plantar Fasciitis
- Platelet-Rich Plasma
- Polymyalgia Rheumatica
- Posterior Tibial Tendinopathy
- Pre-Patellar Bursitis
- Quadriceps Contusion
- Quadriceps Strain
- Rhabdomyolysis
- Rheumatoid Arthritis
- Rib Fracture
- Rotator Cuff Injuries
- Runner’s Toe
-Runner’s Tract
- Saddle Sores
- Second Impact Syndrome
- Sesamoiditis
- Sever’s Disease
- Shin Splints
- Shoulder Dislocation
- Shoulder Separation
- Sickle Cell Trait
- Side Stitch
- Sinding-Larsen Johansson Disease (SLU)
- Sinusitis
- Skier’s Thumb
- Skin Infections
- Slipped Capital Femoral Epiphyseal (SCFE)
- Snapping Hip Syndrome
- Spleen Injuries
- Spondylolysis
- Sports Hernia
- Sports Specialization
- Sports Ultrasound
- Sternocefalocervical (SC) Sprains
- Steroid Injections
- Stingers (Burners)
- Stress Fracture
- Subacromial Injection
- Sudden Cardiac Death
- Tarsal Tunnel Syndrome
- Tendinopathy/Tendinitis
- Tennis Elbow
- Testicular Trauma
- TFCC Injuries
- Transient Quadriplegia/Cervical Cord Neuroparaphixia
- Trench Foot
- Triangular Fibrocartilage Complex (TFCC) Injury
- Trochanteric Bursitis
- Turf Toe
- Ulnar Collateral Ligament (UCL) Injuries
- Ulnar Neuritis
- Ulnar-Sided Wrist Injuries
- Upper Respiratory Infection (URI)
- Viscosupplementation for Osteoarthritis
- Vocal Cord Dysfunction
- Wrist Fracture

Sports Medicine does NOT just mean the competitive athlete
Regardless of whether patients are running a marathon, biking their favorite trail or taking their first steps toward a healthier life, a Sports Medicine Physician understands each person, and is uniquely qualified to help them achieve their personal best.

Sports Medicine Physicians are also ideal providers for the active individual and are excellent resources for those who wish to become active or begin an exercise program. For the "weekend warrior" or "industrial athlete" who experiences an injury, the same expertise used for the competitive athlete can be applied to return the individual as quickly as possible to full function. Sports Medicine Physicians also receive training in the detection and non-surgical interventions for arthritis and osteoporosis, delaying joint replacement, and reducing fracture risk in affected individuals.

Getting people moving
Keeping patients healthy is the common goal among medical professionals. Of the myriad of medical specialties that exist today, Sports Medicine is centered within a wellness-based (rather than disease-based) model. Beyond the abilities of other clinicians, Sports Medicine Physicians, by virtue of their training, have the capability to take a sedentary population and incorporate the health-beneficial effects of exercise into people’s lives.