

# Sports Medicine

## at Southwest General

### Expert Care for Athletes

Southwest General Sports Medicine offers expert care for athletes of all ages and skill levels, from weekend warriors to serious athletes.

Our team of board-certified physicians, certified athletic trainers and experienced physical therapists can help you improve your athletic performance through:

- Injury prevention education
- Strength training and conditioning
- Treatment and rehabilitation of injuries

Our experts offer personal care and attention to help get you better, stronger, faster and back in the game.

### Conveniently Located, State-of-the-art Facilities

Headquartered at LifeWorks of Southwest General—a state-of-the-art fitness facility—Southwest General Sports Medicine features the most up-to-date rehabilitation and aerobic equipment, including a warm-water pool for aquatic therapy. We offer Sports Medicine services at our conveniently located facilities in Strongsville and Brunswick as well.

### Appointments

To schedule an appointment, or to learn more about how Southwest General Sports Medicine can be a key player on your team, call 440-816-8010.

### Helping High School Athletes

Southwest General Sports Medicine is the official provider of certified athletic training services for:

Berea High School	Columbia High School
Olmsted Falls High School	Strongsville High School
Midpark High School	

A certified athletic trainer is on site at each school to:

- Help with practices and games
- Assure that injured athletes receive prompt evaluation and treatment
- Monitor athletes' recovery to help with decisions about participation in practices & games
- Speak with parents about their athlete's training or medical condition



**Southwest General**  
Sports Medicine

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