

OUR SPORTS MEDICINE

SPECIALISTS CAN GET YOU
BACK TO YOUR GAME...



A Guide for Patients

Midwest
Health Care Network



Sports Injuries Require Specialized Care

Midwest Sports Medicine is staffed and equipped to treat the sports enthusiasts or "weekend warriors" in our area. Our highly trained team of orthopaedic specialists have extensive experience in the treatment of common overuse and sports-induced injuries. They recognize the importance of physical rehabilitation, whether it is part of a broader treatment program or post-surgical rehabilitation. To ensure a safe return



to sports after treatment, they provide prophylactic services such as prescription bracing or rehabilitative exercises.

Therapeutic Options for a Broad Range of Disorders

As experts in sports medicine, our specialists can be trusted to recommend the best course of treatment for each individual. While some patients may require surgery, many can be treated more conservatively with medication and advanced physical therapy and rehabilitation techniques.

When physical therapy is appropriate, a skilled team of physical therapists and our athletic trainer will create a customized treatment program and closely monitor each patient's progress. After the physical therapist completes the evaluation, the athletic trainer provides any sport-specific type therapy that may be needed, such as interval training, agility drills and sport-specific movements.

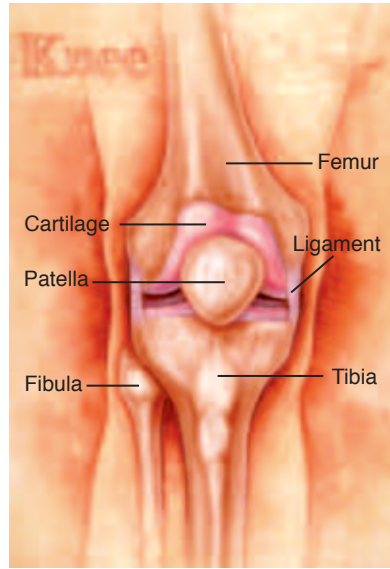
Expert Surgical Interventions

When more conservative treatment modalities are exhausted, corrective surgery may be considered. If so, you can be sure that Midwest Sports Medicine will provide you with:

- In-depth information about your injury and the surgical procedure being recommended
- Expert surgical intervention
- A rehabilitation program leading to a full recovery

Minimally Invasive Procedures

Advanced, minimally invasive procedures like arthroscopy provide yet another treatment option. Arthroscopy involves making a small incision in the skin through which a small tube, called an arthroscope, is inserted into an injured or damaged joint. The arthroscope functions as both a camera and a surgical tool, enabling the physician to view the joint on a video monitor and perform the needed surgical procedure.



Common sports related orthopaedic disorders that can frequently be treated arthroscopically include:

- Repair or resection of torn cartilage (meniscus) from the knee or shoulder
- Reconstruction of the anterior cruciate ligament (ACL) in the knee
- Reconstruction of the rotator cuff in the shoulder
- Removal of inflamed synovium (lining) or loose bone or cartilage in the hip, knee, shoulder, elbow, wrist or ankle
- Repair of torn ligaments

Most patients have their arthroscopic procedures done as outpatients and are home several hours after the surgery. Our sports medicine specialists will customize a specific activity and rehabilitation program for you to speed your recovery and protect future joint function.



The Difference Is... Better Care.

The expert physicians at Midwest Sports Medicine are committed to exceeding your expectations. Experience for yourself what makes us special, ***the difference is... BETTER CARE.***

Web Site

For additional information about our practice or our physicians, please visit our web site at www.midwestsportsmed.com

Call now...

To schedule an appointment, call the central scheduling desk at 847-437-9889.



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