



Supporting You Every Step of the Way!

*Our physicians provide expert
care for sports and
activity-related injuries, helping
you recover, perform, and stay
active.*

Visit Our Knowledge Centre:
Free Patient Tools & Resources

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*Multiple Locations
One Trusted Clinic Network*

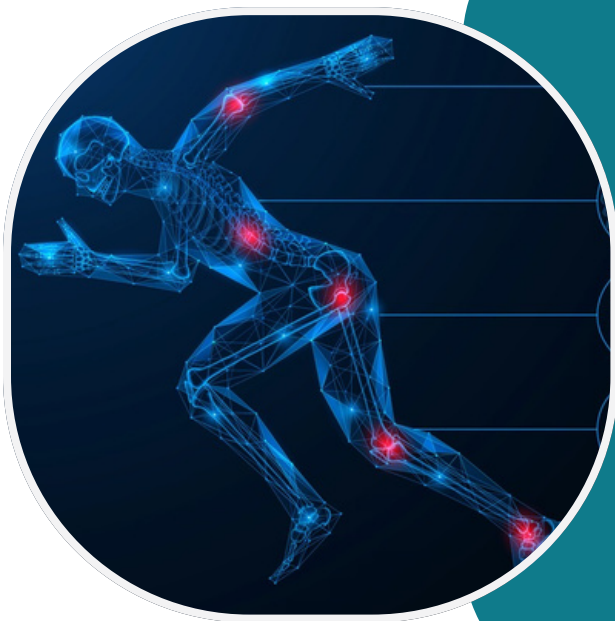
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Sports Medicine

Advanced Care to Help You
Recover, Perform, and Stay Active

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Understanding Sports Medicine

Sports Medicine focuses on the prevention, diagnosis, treatment, and rehabilitation of musculoskeletal injuries and conditions.

Common Conditions We Treat:

- Sprains and strains
- Tendon and ligament injuries
- Running and overuse injuries
- Shoulder, knee, hip, and ankle pain
- Sports-related concussions
- Arthritis and joint pain
- Back and neck injuries
- Performance-related concerns

Who Can Benefit?

Sports Medicine may help if you are experiencing:

- Persistent pain during activity
- Recurrent injuries
- Reduced strength or mobility
- Difficulty returning to sport or exercise
- Joint, tendon, ligament, or muscle injuries

Please note: Coverage varies by service. Some services may be covered, while others are private pay or covered by 3rd party insurance.

How Does Sports Medicine Care Work?



Step 1: Assessment

Your physician will review your medical history, symptoms, activity level, and injury concerns to develop an individualized treatment plan.

This may include:

- Physical examination
- Functional movement assessment
- Diagnostic imaging review (if applicable)
- Discussion of treatment goals and activity expectations

Step 2: Treatment

Your care plan may include:

- Exercise and rehabilitation recommendations
- Activity modification strategies
- Image-guided injections when appropriate
- Regenerative medicine options (where suitable)
- Pain management approaches
- Referrals to allied healthcare professionals



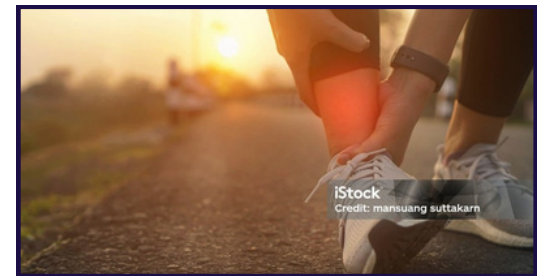
Step 3: Recovery & Performance

Our goal is to help you:

- Reduce pain and improve function
- Return to sport safely
- Prevent future injuries
- Improve strength, mobility, and performance
- Maintain long-term musculoskeletal health

What to Expect After Your Visit

- A clear diagnosis and treatment plan
- Personalized recovery recommendations
- Guidance on activity modification and return-to-sport timelines
- Ongoing support from your care team
- Follow-up appointments as needed



Speak to Your Physician Today!

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