

## SPORTS MEDICINE CENTER

---

From gardeners to goalies, anyone with passion for activity can receive expert medical care at the UW Medicine Sports Medicine Center. We evaluate, treat and rehabilitate not only collegiate, Olympic and professional athletes, but also dancers, cyclists, kickball players, yoga aficionados and marathoners – in short, people like you. We appreciate people’s desire to keep motion in life, even if it’s just walking around the neighborhood. When you’re hurt, our team works to get you back to peak health and fitness and to enjoying that vital part of life.



### *Our services and care include*

- Nonsurgical treatment for new and chronic orthopedic and musculoskeletal conditions
- Management of sports-related medical conditions
- Diagnostic and interventional ultrasound
- Electrocardiography to detect risk of sudden cardiac death
- Arthroscopic and minimally-invasive surgery of the shoulder, elbow, spine, hip, knee, ankle and foot
- Electromyography
- Interventional spine procedures
- Concussion management
- Physical therapy
- Exercise training programs and rehabilitation
- Sports psychology
- Brace-fitting, splinting and casting
- Custom orthotics
- Nutrition
- Bike fitting



### *Our experience*

We are a group of specialists in several areas: orthopedic surgery, rehabilitation medicine, primary care sports medicine, sports cardiology, physical therapy and sports psychology. Having such a multidisciplinary team makes it easy to explore all the options in treating patients’ conditions.

(over)



There are four UW Medicine Sports Medicine Center locations throughout the Seattle area.

### *We're experts, and here's why we can say that:*

- We are trusted by professional and amateur teams to diagnose players and treat their injuries. We are part of the healthcare team for Seattle's Mariners and Seahawks. We advise and treat Olympic athletes, marathoners and competitors at multi-day ultramarathon events.
- As Husky team physicians, we treat University of Washington players year-round across varied pursuits: football, basketball, baseball, soccer, gymnastics, rowing, tennis, track and field, volleyball and dance. These activities affect every muscle and joint, the heart and vascular system, the brain and network of nerves. In all these areas, we are adept at diagnosing injuries and resolving them in the way that best suits the patient.
- All of us are active people and; several of us remain involved in competitive sporting events. We empathize with people whose training is interrupted by injury or illness at a critical stage, or who must decide whether to undergo surgery and end a season early in hopes of being ready next year. We're acutely aware of evidence-based outcomes of sports medicine treatments for people of all ages, so we can help highly motivated patients manage their expectations and decisions.



### *Research*

Our faculty physicians study injuries and treatments to understand which surgical and nonsurgical approaches yield the most consistently effective outcomes. We study topics such as the tissue engineering and reconstruction, sports concussion awareness epidemiology, lower-extremity biomechanics, cardiovascular screening in athletes and the efficacy of new sports medicine interventions.

### *Our locations*

We have one of the longest established sports medicine programs in the nation. Our new ultramodern facility at Husky Stadium, operated by UW Medical Center, advances our care in several ways. This center joins our other locations at Harborview Medical Center's Ninth & Jefferson Building, UW Medical Center's Roosevelt Building and in Bellevue at UW Medicine's Eastside Specialty Center.

### *For referral or appointment*

Call the UW Medicine Contact Center at 206.520.5000.