

Sports Health



Cleveland Clinic is the leader in sports medicine with a proven, comprehensive program for professional, collegiate, scholastic and recreational athletes. We bring together top orthopaedic surgeons, sports medicine physicians, advanced practice providers, physical therapists, athletic trainers, dietitians, radiologists and exercise physiologists to keep athletes in the game.

Services include:

Sports and exercise medicine – Evaluations for acute and overuse injuries, injury prevention, playing with chronic conditions and more.

Orthopaedic surgery – For emergencies and other injuries requiring surgery.

Orthobiologics – Treatments using biologic agents such as platelet-rich protein (PRP).

Performance training – Helping athletes reach their goals.

Sports nutrition – Keeping athletes healthy, helping them avoid injury and accelerating healing.

Concussion Center – Brings together experts to accurately diagnose concussions, manage symptoms, monitor recovery and help patients return to their daily activities as soon as is safely possible.

Sports-specific rehabilitation – Sports physical therapists treat muscle, tendon and bone injuries to rapidly restore function. Services include:

- Comprehensive physical therapy evaluations.

- Sports-specific rehabilitation programs, including biomechanical video analysis.

- Individualized therapy programs that include exercises to restore function, improve mobility, relieve pain and prevent or limit physical disabilities.

- Manual and soft tissue therapy treatment to restore range of motion and strength.

Cleveland Clinic sports medicine experts treat athletes in all sports, and of all ages and skill levels. It is part of Cleveland Clinic's Department of Orthopaedic Surgery, ranked No. 3 in the nation by *U.S. News & World Report*.

For more information, visit [sports-health.org](https://www.clevelandclinic.com/sports-health).

Appointments:

To schedule an appointment with a **sports medicine expert**, call **877.440.TEAM (8326)**.

To schedule an appointment with a **sports physical therapist**, call **216.444.6262**.