



POP QUIZ!!!

SUBJECT: SPORTS INJURY KNOWLEDGE



1. What sport causes the most head injuries?
 - a. Football
 - b. Cycling
 - c. Baseball
 - d. Soccer
2. Where is the largest (and often injured) tendon in the body?
 - a. Neck
 - b. Back
 - c. Ankle
 - d. Shoulder
3. A sprain is an injury to:
 - a. A muscle
 - b. A tendon
 - c. A ligament
 - d. A bursa
4. What causes the most emergency room visits?
 - a. Cuts
 - b. Broken bones
 - c. Sprains & strains
 - d. Bruises & scrapes
5. What is R.I.C.E. treatment?
 - a. Rest, Ice, Crutches, Elevation
 - b. Rest, Ice, Compression, Elevation
 - c. Rest, Ibuprofen, Crutches, Exercise
 - d. Reinforcement, Immobilization, Cryotherapy, Electrostimulation
6. What's the most common runner's injury?
 - a. Shin splints
 - b. Runner's knee
 - c. Achilles tendonitis
 - d. Plantar fasciitis
7. Shin splints are caused by:
 - a. Tiny fractures
 - b. Torn ligaments
 - c. Inflammation
 - d. All of the above
8. What's the best time to stretch your muscles?
 - a. After warming up
 - b. During exercise
 - c. After exercise
 - d. None of the above
9. Women are at greater risk for sports injuries than men.
 - a. True
 - b. False
10. Surgery is required to fix a torn rotator cuff.
 - a. True
 - b. False



RECOVER

Whether you are in recovery or on the playing field and want to avoid an injury, Westview's outpatient sports performance experts are committed to providing state-of-the-art sports medicine, athletic training and clinical care for athletes of all ages and skill levels.

HEAL

Our customized treatment plans may include: joint and soft tissue mobilization to increase range of motion, therapeutic methods to increase tissue flexibility, decrease pain and swelling and promote healing, and consultation regarding bracing, taping and orthotics.

STRENGTHEN

Whatever your sport, the staff at Westview can help maintain your passions by building your strength; improving your balance and flexibility; and increasing your endurance.

PROTECT

Aside from having curative and rehabilitative functions, sports medicine strongly employs preventive education and practices designed to educate and empower the individual with the knowledge of proper form and range of physical aptitude.

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WESTVIEW

SPORTS

MEDICINE

OUTPATIENT THERAPY SERVICES

Answers: 1. b, 2. c, 3. c, 4. c, 5. b, 6. b, 7. c, 8. c, 9. a, 10. b.

WESTVIEW

CUTTING EDGE

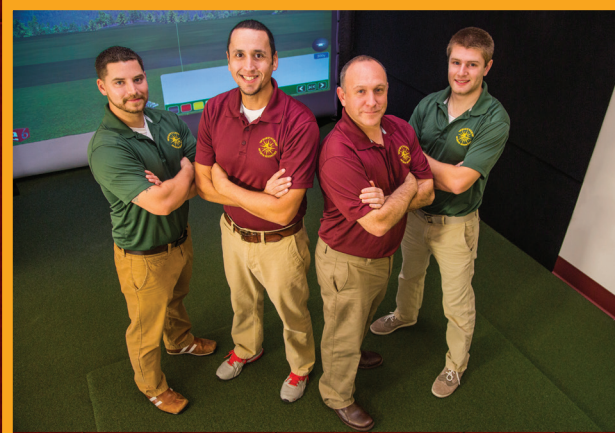
TRAINERS

As a leader in rehabilitative care, Westview's Sports Medicine Center uses the latest in technology and research to treat a range of conditions including: acute sports injuries, strains, sprains, muscle, tendon and ligament tears and repairs, tendonitis, wrist, hand, knee, elbow and shoulder injuries, post-orthopedic surgery, chronic musculoskeletal disorders, overuse injuries and foot and ankle dysfunction.

HEALTH

Sports medicine focuses on the improvement of the body's performance, rehabilitation from injury and the prevention of future injury by means of individualized muscle strengthening and conditioning.

CARE



The Sports Medicine therapists and athletic trainers address physical fitness and physiological elements pertaining to sports-related health and wellness.

CENTER

Westview's Sports Medicine Center features the latest, state-of-the-art technology and equipment to serve your rehabilitative and therapeutic needs. Some of the cutting edge equipment includes:

AlterG - Anti Gravity Treadmill
Multi-Sports Simulator
Nautilus Freedom Trainer
Biodex Balance System
TRX Suspension System
HydroWorx Aquatic Therapy Pool
Cybox Arc Trainers



The Multi-Sports Simulator recreates golf, football, soccer and baseball within a virtual setting to aid with sports injury therapy and rehabilitation.

Westview's highly qualified, multi-skilled Certified Athletic Trainers contract with local public and private schools to provide immediate treatment, concussion recognition and monitoring, and testing in order to prevent and protect injuries that occur on the playing field during games and practices. These individuals collaborate with school physicians and nurses, sports program officials, Primary Care Physicians and orthopedic and physical therapy offices to optimize patient activity and participation in athletics, work and life.



**GET BACK IN THE GAME...
BY WAY OF WESTVIEW!**

Westview accepts Medicare and has contracts with major insurance companies and community partners. Please contact your physician for a referral.

For further information, please contact 860-774-8574

westviewhcc.com