

*"Sports Medicine Center of Excellence"*

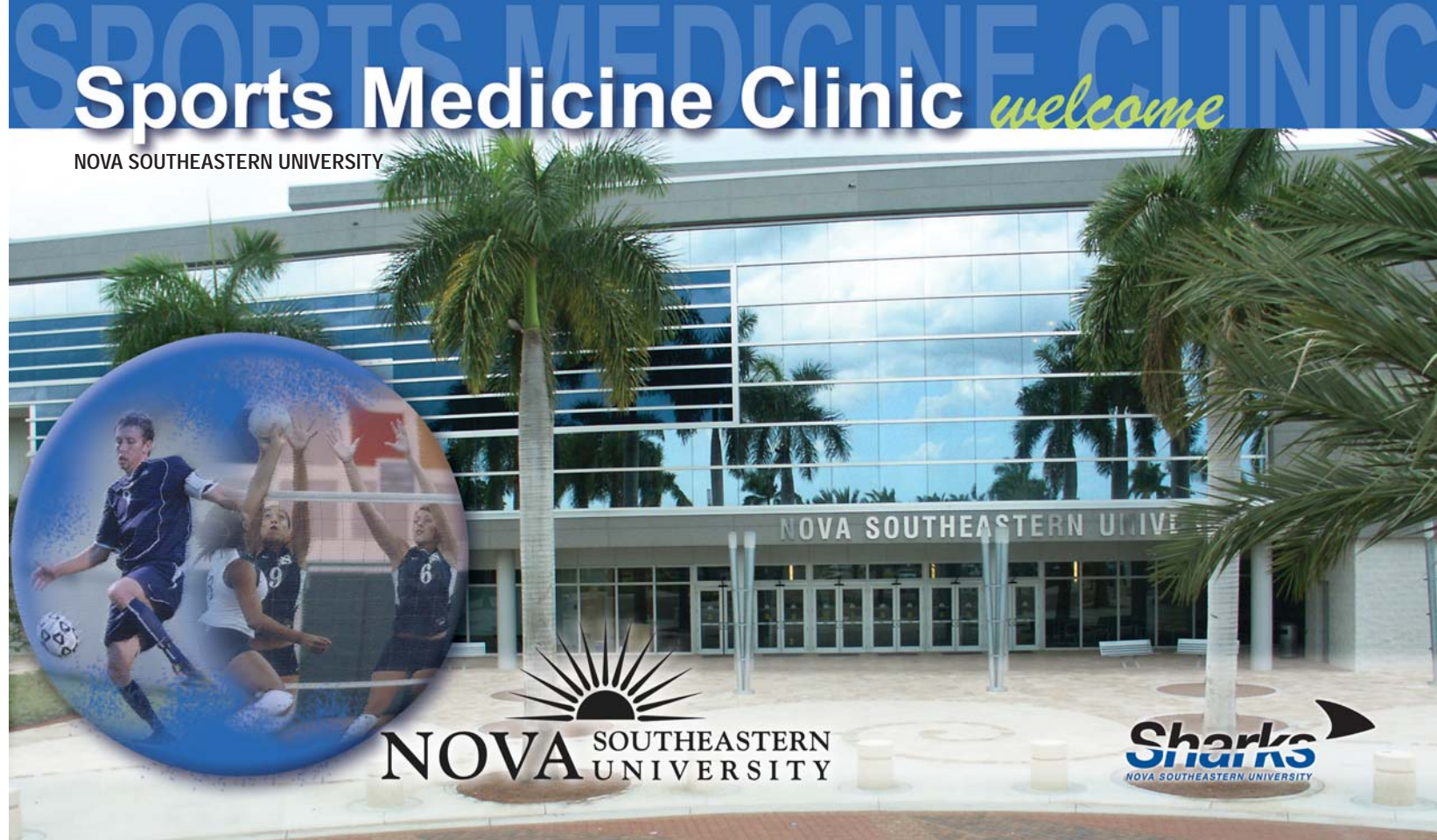
*NSU Sports Medicine Clinic welcome*



Nova Southeastern University  
Sports Medicine Clinic  
University Center (west entrance)

**For more information  
and appointment call:  
Tel. (954) 262-5590  
Fax (954) 262-5970**

**DIRECTIONS**  
University Drive to S.W. 36th Street  
East on S.W. 36th Street  
Left turn into the Central Receiving Building  
Drive straight through to back right of parking lot  
Parking area identified as Sports Medicine Clinic



The Sports Medicine Clinic is a component of the Nova Southeastern University (NSU) College of Osteopathic Medicine Department of Osteopathic Principles and Practice/Division of Sports Medicine. The clinic is housed in the University Center, which is NSU's premier multipurpose sports, recreation, wellness, and entertainment venue that is located in the heart of our Davie campus.

This clinic is unique because it offers a multidisciplinary approach to your health issues. Both the NSU community and the community-at-large are able to take advantage of a wide range of board-certified family physicians that includes

- primary care sports medicine physicians
- neuromuscular medicine physicians
- physical therapists
- athletic trainers
- nutritionists
- sport psychologists

These experts are committed to providing the highest quality of care, which is delivered at a personal level for individuals with sports injuries and other musculoskeletal problems. They also understand the importance of both physical and mental health when returning you back to sport, school, or work.

The doctors working at the Sports Medicine Clinic are physicians who also direct the Sports Medicine Post-Residency Fellowship Program. Their background enables them to view problems on a much-broader context than just the joint or area in dysfunction, and cutting-edge equipment is on hand to assist them with making a diagnosis. This equipment includes X rays, fluoroscopy, and a metabolic cart that is available for calculating VO<sub>2</sub> max as well as conducting electrocardiograms and stress tests.

It is important to note that NSU Sports Medicine Clinic physicians are focused on non-operative treatment interventions for your injury. The plan of care they select may include diagnostic studies, osteopathic manipulative medicine, prolotherapy, medications, acupuncture, or physical therapy.

NSU's physicians and providers are actively involved in sports coverage in the community. Their sideline and team physician responsibilities include several area high schools as well as all of NSU's NCAA Division II athletic programs. In addition, the sport psychologists can work on stress reduction, biofeedback, focus training, sports performance, and many of the other issues related to sports medicine.

Our high-tech physical therapy and rehabilitation area has many features, including indoor and outdoor aquatic therapy, mechanical traction, exercise equipment, and an isokinetic Biodex for muscular strength and endurance testing and rehabilitation. The physical therapists also have additional training in manual therapy and strength and conditioning.

While our emphasis is on the non-operative management of injuries, we realize some injuries do require surgery. The department is affiliated with some of the top orthopedic surgeons in South Florida, and we will help arrange further evaluation if needed.

Our clinicians are on most major medical plans and see patients from both in-house referrals and referrals in the community.



## Sport Medicine Clinic of Excellence

NSU Team Physicians/Primary Care Sports Medicine Physicians

Family Physicians

Neuromuscular Medicine Physicians

Physical Therapists

Athletic Trainers

Nutritionists

Sport Psychologists

