

Sports Medicine  
Sports Performance  
Spine  
Shoulder  
Rehabilitation  
Pediatric Sports Medicine  
Knee  
Joint Replacement & Arthritis  
Hip  
Hand, Wrist & Elbow  
Foot & Ankle  
Concussion Management



**In today's highly competitive world of team and individual sports, an important element of the winning formula is strength and agility training.**

Every professional and major college sports team employs at least one strength and conditioning coach, and high schools in Central Indiana are following suit.

In association with Indiana University Health Sports Performance and Indiana University Health, Methodist Sports Medicine / The Orthopedic Specialists offer a complete spectrum of sports training and sports medicine services by leaders in their respective fields.

Training at Indiana University Health Sports Performance can help patients of Methodist Sports Medicine / The Orthopedic Specialists learn more about how to prevent injury and gain more playing time.

Our clients have the added advantage of receiving professional evaluation, coaching, and training from many of the same professionals who take care of the Super Bowl XLI Champion Indianapolis Colts.

No matter what your personal goal is, our association with Indiana University Health Sports Performance and Indiana University Health can help you achieve it.



## *Injury Prevention & Treatments*

Nothing is more devastating, disrupting and disappointing to the competitive athlete than the experience of a serious injury.

One widely accepted method of injury prevention is through the development and maintenance of an athlete's strength and flexibility.

In the past that usually meant running, jumping and lifting weights. But today, sports performance training has transcended traditional methods.

That's why Methodist Sports Medicine / The Orthopedic Specialists is associated with Indiana University Health Sports Performance and Indiana University Health.

Athletes who train at Indiana University Health Sports Performance have access to a fully integrated sports training and sports medicine program. Athletic coaches and trainers focus on technique, knowledge and proper nutrition to reduce acute and overuse injuries, and boost athletic performance.

Our medical experts and professional coaches and trainers are also uniquely qualified to measure and identify muscular imbalances early-on, in order to prevent injuries.

Working through numerous associations with area coaches, athletic directors and local sports clubs, we can provide on-site evaluations at either the Indiana University Health Sports Performance facility, or on-location at schools and clubs.

If you're serious about improving your speed, agility, footwork, strength, or anything that relates to becoming a better athlete or staying active, Indiana University Health Sports Performance is the place to get results.

For more information, call Methodist Sports Medicine / The Orthopedic Specialists at **317.817.1200** or visit [methodistsports.com](http://methodistsports.com).

