



Return to Play

Injuries happen. While we do our best to prepare our bodies for competition, the risk is always there. If injury strikes, Parkview Sports Medicine is here.

Our athletic trainers provide triage on the sidelines, while care navigators assist with coordinating appointments. With the most sports-clinical certified specialists in the region, Parkview Athletic Rehabilitation provides expert athlete-focused physical therapy, working in conjunction with fellowship-trained sports medicine physicians at Orthopedics NorthEast.

We treat all types of athletic injuries, including:

- Ligament sprains and tears
- Cartilage injuries
- Joint instability
- Muscle weakness
- Overuse injuries

Ortho Express

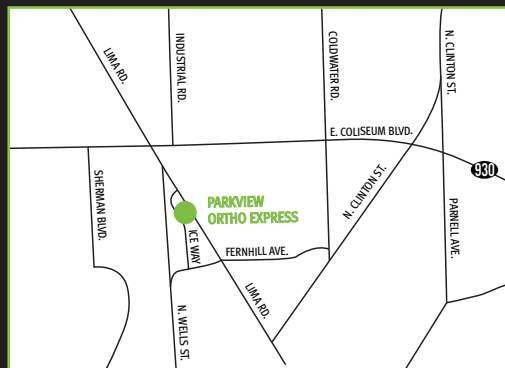
Parkview Ortho Express provides walk-in convenience for orthopedic and sports injuries, all without a referral or appointment. Located at Entrance 2 of the SportONE/Parkview Fieldhouse, you'll see orthopedic physicians on staff and have access to diagnostics, x-ray, casting and injections in the clinic.

Hours

Monday – Thursday | 7 a.m. – 7 p.m.

Friday | 7 a.m. – 5 p.m.

Saturday | 8 a.m. – noon



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260-266-4007



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Parkview Sports Medicine
Become More



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You have goals. You have dreams. You have the team to help you get there.

Parkview Sports Medicine provides the training, treatment and education you need to take your game to the next level. Regardless of age or level of play, we're dedicated to maximizing your athletic performance through innovative programs and advanced care. Whatever your goals may be, we'll be there to help you reach them.

We provide a comprehensive approach to care including:

- **Coordinated care:** Access to the right services at the right time, while keeping all stakeholders informed
- **Performance training programs:** Personalized training from an expert staff of specialists
- **Sports nutrition consultations:** A key component to maximizing your athletic development
- **Biomechanical and injury risk assessments:** Designed to keep you at peak performance
- **Sport-specific rehabilitation:** A team of sports physical therapy specialists to get you back in the game

Coordinated Care

At Parkview Sports Medicine, we go beyond providing services for athletes; we coordinate your care along the way by connecting you to the services you need. Our care navigators, all certified athletic trainers, will help coordinate everything from walk-in care visits to physician appointments and service recommendations.

If an injury occurs, we'll be there every step of the way to communicate with coaches, school personnel, trainers, primary and specialty care providers to ensure your rehabilitation is safe and comprehensive.

Performance Training

Regardless of your age or sport, we have the performance training programs to help you reach the next level. From our comprehensive, year-round EDGE training program to specific athletic skill camps for speed and power development, PSM Performance is here to maximize your athletic potential.

We achieve these results through a medically trained, expert staff utilizing a long-term athletic development model so that you progress in a safe and effective way.

Nutrition

Athletes spend a significant amount of time training their bodies for peak performance, but a poor diet can interfere with that hard work. Whether you're not eating the right amount of calories, not eating the right proportion of nutrients or not getting enough fluids, these deficiencies can negatively impact performance.

Thankfully, we understand that and have a registered sports dietitian on staff to help you determine an optimal nutrition plan for your needs, reduce your risk of injury or illness and enhance recovery between workouts.

Injury Prevention

For committed athletes, there's nothing worse than being sidelined by an injury. That's why we offer innovative biomechanical assessments that evaluate how well your body achieves movement, while identifying areas that need improvement. We can then address those deficiencies through a customized training or rehabilitation plan, reducing your risk of injury while building athleticism and endurance.