



PT | SOLUTIONS®
PHYSICAL THERAPY



SPORTS MEDICINE

3 LINES OF DEFENSE FOR YOUR STUDENT-ATHLETES

-  **1ST LINE - ATHLETIC TRAINER**
-  **2ND LINE - ORTHOPAEDIC PHYSICIAN**
-  **3RD LINE - PHYSICAL THERAPIST**

With PT Solutions you get all three, working collaboratively to get your student-athletes back on the field as quickly as possible!

Athletic Trainers at PT Solutions offer many services including, but not limited to:

- MEDICAL SIDELINE COVERAGE
- PARENT COMMUNICATION
- EVALUATIONS
- DIAGNOSIS
- EXPEDITED APPOINTMENTS TO SPECIALISTS
- CONCUSSION BASELINE TESTING
- COMMUNITY EDUCATION ABOUT INJURIES
- RETURN-TO-SPORT PLAN MANAGEMENT



To find the closest clinic to you in the Tampa Bay region, please scan the QR code or go to ptsolutions.com/states/florida/





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YOUR DEDICATED SPORTS MEDICINE TEAM

✖ 1. ATHLETIC TRAINER

Athletic Trainers are highly qualified, multi-skilled healthcare providers who specialize in the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute and chronic injuries.

Each high school in the Hillsborough County Public School District has an Athletic Trainer on-site daily. Every Athletic Trainer is licensed with the Florida Department of Health and board certified.





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YOUR DEDICATED SPORTS MEDICINE TEAM

✕ 2. TEAM ORTHOPAEDIC PHYSICIAN



Children's Orthopaedic
and Scoliosis Surgery Associates, LLP
Your Kids Are Our Kids™



ABOUT YOUR TEAM ORTHOPAEDIC PHYSICIANS

By partnering with these organizations, the Athletic Trainer will quickly assist in streamlining appointments with the most appropriate specialist in the Tampa area. The Athletic Trainer will ensure the best care for your student-athlete from onset of injury to their return to play through direct communication with our orthopaedic providers.

These providers accept most health insurances as well.



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YOUR DEDICATED SPORTS MEDICINE TEAM

✕ 2. CONCUSSION RESOURCES



USF Concussion Center
10330 N Dale Mabry Hwy #220,
Tampa, FL 33618
(813) - 974 - 2724

CONCUSSION INFORMATION

When participating in any sport, you may be at risk for a concussion or a type of traumatic brain injury caused by a bump, blow, or jolt to the head or body. The impact can disrupt normal brain functions causing symptoms including headaches, dizziness, confusion, emotional changes, nausea, fatigue, and more. If your student-athlete sustains a head injury, first reach out to the Athletic Trainer to receive an evaluation for a potential concussion.

If the Athletic Trainer diagnoses your child with a concussion, follow up with a concussion specialist is facilitated. The protocol includes:

- Monitor symptoms daily
- Receive an evaluation by a health care provider or sports medicine physician
- Follow the provided instructions or recommendations for school or sport restrictions
- Begin physical therapy at your nearest PT Solutions clinic
- Receive clearance by physician (MD/DO) before beginning return to sports protocol with the Athletic Trainer
- Complete graded return-to-play with your Athletic Trainer and return to life and sport



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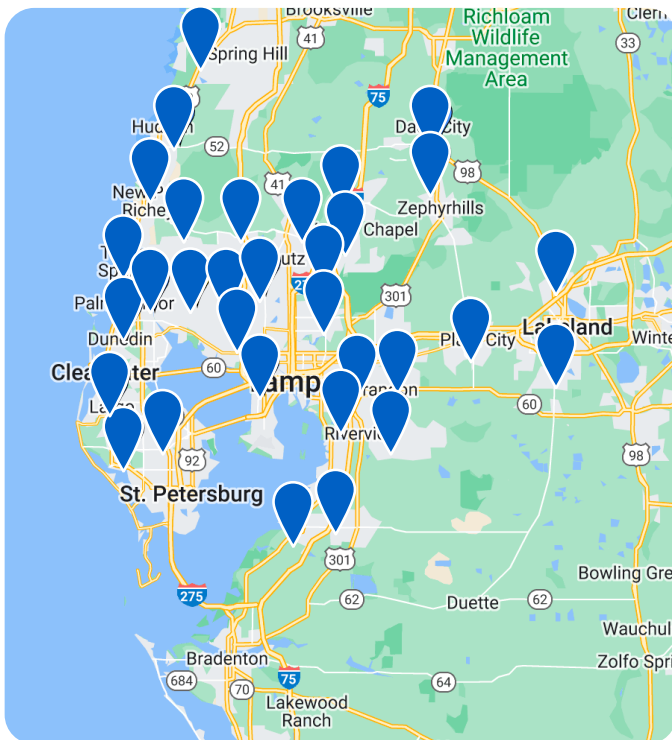
YOUR DEDICATED SPORTS MEDICINE TEAM

✂ 3. TEAM PHYSICAL THERAPIST

We know that injuries can be difficult to navigate; however, the collaboration between your Athletic Trainer and Physical Therapist will ensure the best outcomes for you.

With over 30 clinics in the Tampa region, ask your Athletic Trainer about the closest PT Solutions to you! We have multiple locations in Hillsborough, Pasco, Pinellas, and Polk counties.

PT SOLUTIONS CLINIC LOCATIONS IN TAMPA



Brandon
Carrollwood
Christina Lake
Citrus Park
Dade City
Dunedin
East Bay
East Lake
Hernando Beach
Hudson
Lakeland
Largo
Lexington Oaks
Lutz
North Port Richey

North Westchase
Odessa
Palm Harbor
Pinellas Park
Plant City
Riverview
Seminole
South Tampa
Sun City Center
Tampa Palms
Temple Terrace
Trinity
Valrico
Wesley Chapel
Zephyrhills

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BENEFITS OF PT SOLUTIONS

PT Solutions Tampa

Sports Medicine Mission Statement:

"As passionate leaders in Sports Medicine, we provide transformative care to our community through compassion, innovation and grit because everyone deserves an Athletic Trainer."

By having a PT Solutions Athletic Trainer on-site at practices and competitions, the Athletic Trainer is able to initiate the process immediately after an injury has occurred. They are able to evaluate and provide acute care instructions for musculoskeletal injuries as well as concussions.

The Athletic Trainer can expedite appointments to the team physician as well as your team physical therapist. Care is continued from the clinic to the field by ensuring coaches are involved with the modifications of activity if needed.

Regardless of your reason for needing physical therapy, restoring your body takes work. At PT Solutions, physical therapy is more than a series of exercises. Through evidence-based treatments, athletes gain the strength, mobility, and confidence to return to the sport they love. Whether you're looking to prevent injuries, recovering from an injury, recently had surgery, or looking to reduce pain, our sports medicine team is ready to assist!