

PERSONALIZED SPORTS MEDICINE CARE



**Physical activity
enhances your quality of life.**

Comprehensive Sports Physicals

Evaluation of pre-existing injuries or conditions, individualized clearance to play

Area Sports Teams

Injury prevention, training programs, treatment protocols

Sport Specific Issues

Performance, exercise, injury prevention

Issues Unique to Pediatric Athletes, Geriatric Athletes & Female Athletes

Growth plate injuries, arthritis, osteoporosis

General Medical Conditions Affecting Athletes & Active Individuals

Diabetes, asthma, hypertension

Behavioral Sports Psychology

Eating disorders, over training syndrome, exercise dependence

Exercise Physiology

Performance enhancement, sports conditioning, general fitness

Sports Nutrition

Supplement use, maximizing sports performance, weight loss

Musculoskeletal Injuries

Sprains, strains, fractures, overuse injuries



Partners for your health.

15 Convenient Locations



Ohio Medical Group

North Ohio Heart Center

Both

SPORTS MEDICINE LOCATIONS

SPORTS MEDICINE OFFICE

1997 Healthway Drive, Suite 203
Avon, Ohio 44011
(440) 366.3600

ELYRIA OFFICE

10325 Dewhurst Road
Elyria, Ohio 44035
(440) 366.3600



Partners for your health.

ohiomedicalgroup.com

nohc.com

Ohio
Medical
Group



OMG

Sports Medicine

**Helping You
Maintain That
Winning Edge**



SPORTS MEDICINE



For the athlete in all of us

The Ohio Medical Group Sports Medicine Center specializes in the treatment of athletes and all types of active people – from the weekend warrior to the competitive athlete.

Sports medicine is a broad field encompassing many areas of medicine including orthopedics, cardiopulmonary medicine, neurology, dermatology, rehabilitation, pharmacology, behavioral medicine/psychology, exercise science and nutrition.

Dr. Schaeffer is board certified in Primary Care Sports Medicine and is familiar with each sport's unique demands. His knowledge allows for effective injury prevention and treatment practices as well as maximizing performance and enjoyment for all types of athletes and active individuals.

We provide individualized care and programs designed specifically for your injuries and training needs.

If you've been sidelined by a sports injury, call (440) 366-3600 to schedule an appointment.



Matt Schaeffer M.D. Family Medicine/Sports Medicine

Dr. Schaeffer grew up in the Greater Cleveland area and received his medical degree from The Ohio State University. He completed his residency in Family Medicine and a subsequent fellowship in Sports Medicine at Marshall University Hospitals, West Virginia.

Dr. Schaeffer specializes in Family Medicine and Sports Medicine. He has special interest

in treating sports-related injuries and working with area sports teams.

A former college soccer player, Dr. Schaeffer enjoys skiing, kayaking, hiking with his family and competing in triathlons.

Dr. Schaeffer sees patients in Ohio Medical Group's Elyria office and our Sports Medicine office in Avon.

INJURIES + TREATMENT

Although virtually any part of your body can be injured during sports or exercise, most involve the musculoskeletal system, which includes the muscles, bones and associated tissues like cartilage.

Fortunately, many sports injuries can be treated effectively. Most people who suffer injuries can return to a satisfying level of physical activity after an injury through the coordination of physical rehabilitation and medical treatment.

Many sports injuries can be prevented if people take the proper precautions.



EXERCISE TESTING

This test will involve walking on a treadmill while monitoring your heart and lungs. Results of these tests will allow you to exercise efficiently and effectively to reach your personal goals.



EXERCISE PRESCRIPTION/WELLNESS ASSESSMENT

General Health & Well Being | **Improved Fitness**
Weight Loss | **Athletic Advancement**

The prescription of exercise and promotion of wellness has advanced from an art to a science. The exercise prescription will include formal written guidelines for type, frequency, duration and intensity of exercise to achieve your goals.

The wellness assessment will also include preventive services, based on your specific needs, such as blood pressure and cholesterol measurement.

