

## Sports Medicine Physicians

- From youth athletes and weekend warriors, to active people and elite athletes, Sports Medicine Physicians understand YOU. A Sports Medicine Physician is an important player on your health team who has significant specialized training in both the treatment and prevention of illness and injury to help you achieve your personal best and lead a healthier lifestyle.

He or she is a physician who:

- Is initially board certified in Emergency Medicine, Family Medicine, Internal Medicine, Pediatrics, or Physical Medicine/ Rehabilitation.
- Has obtained one to two years of additional training in Sports Medicine through one of the accredited Fellowship (subspecialty) Programs in Sports Medicine.
- Has passed a national Sports Medicine certification examination allowing them to hold a Certificate of Added Qualification in Sports Medicine.
- Further adds to their expertise through participation in continuing medical education activities. This rigorous process was instituted to distinguish certified Sports Medicine Physicians from other physicians without specialized training.
- Is a leader of the Sports Medicine team, which also may include specialty physicians and surgeons, athletic trainers, physical therapists, coaches, other personnel, and the athlete.

Sports Medicine is a recognized subspecialty by the American Board of Medical Subspecialties and by Medicare.



**American Medical Society for Sports Medicine**  
(913) 327-1415  
[www.amssm.org](http://www.amssm.org)

# SPORTS MEDICINE PHYSICIANS

Physicians for active people, athletes and individuals with musculoskeletal conditions.



A RESOURCE FOR  
**PATIENTS**

## The difference between a Sports Medicine Physician and an Orthopedic Surgeon

Both are well trained in musculoskeletal medicine. Sports Medicine Physicians specialize in the non-operative treatment of musculoskeletal conditions. Orthopedic surgeons are also trained in the operative treatment of these conditions. However, approximately 90% of all sports injuries are non-surgical. The Sports Medicine Physician can maximize non-operative treatment, guide appropriate referrals to physical and occupational therapies, and if necessary expedite referral to an orthopedic/sports surgeon. Additionally, the majority of Sports Medicine Physicians are experienced in ultrasonography, a rapidly developing technology used for diagnostic as well as treatment of musculoskeletal injuries. Regenerative medicine (sometimes referred to as “biologics”) is also becoming a popular treatment option being utilized by the Sports Medicine Physician.

### Common examples of musculoskeletal problems include:

- Acute injuries (such as ankle sprains, muscle strains, knee & shoulder injuries, and fractures)
- Overuse injuries (such as rotator cuff and other forms of tendonitis/tendinosis, stress fractures)
- Medical and injection therapies for osteoarthritis



## Sports Medicine Physicians are uniquely positioned to meet the demands of today's health care environment.

### Sports Medicine Physicians have received additional training in the non-musculoskeletal aspects of sports medicine. Common examples of these include:

- Concussion (mild traumatic brain injury) and other head injuries
- Athletes with chronic or acute illness (such as infectious mononucleosis, asthma or diabetes)
- Nutrition, supplements, ergogenic aids, and performance issues
- Exercise prescription for patients who want to increase their fitness
- Injury prevention
- “Return to play” decisions in the sick or injured athlete
- Recommendations on safe strength training and conditioning exercises
- Healthy lifestyle promotion

### Most Sports Medicine Physicians also serve as Team Physicians for local and/or national teams and clubs.

These physicians must fulfill published qualifications with the following responsibilities:

- Pre-participation physical examination
- Injury assessment and management
- Care of sports-related and general medical needs of athletes
- Special populations (geriatric, disabled, women, youth, etc.)
- Sports psychology issues
- Substance use issues
- Education and counseling on illness & injury prevention
- Coordinating care with other members of the sports medicine team to include athletic trainers, physical therapists, personal physicians, other medical and surgical specialties, and other ancillary personnel of specialty care and rehabilitation
- Communication with athletic trainers, coaches, school administration, as well as athletes and their families

### Sports Medicine is NOT just for competitive athletes

Sports Medicine Physicians are ideal physicians for the non-athlete as well and are excellent resources for the individual who wishes to become active or begin an exercise program. For the “weekend warrior” or “industrial athlete” who experiences an injury, the same expertise used for the competitive athlete can be applied to return the individual as quickly as possible to full function.

Regardless of whether you are running a marathon, biking your favorite trail or taking your first steps toward a healthier life, an AMSSM Sports Medicine Physician understands YOU, and is uniquely qualified to care for active people and athletes.

### Typical Years of Training for Sports Medicine Physicians:

Undergraduate .....	4 years
Medical School .....	4 years (MD/DO)
Residency .....	3-4 years
Fellowship .....	1-2 years
<b>TOTAL .....</b>	<b>12-13 years training</b>

To find a Sports Medicine Physician in your area visit [www.sportsmedtoday.com](http://www.sportsmedtoday.com)

For more information call the AMSSM at **913-327-1415** or visit the web site at [www.sportsmedtoday.com](http://www.sportsmedtoday.com).

