



UF HEALTH ORTHOcare
Rapid access orthopaedic care

UF Health ORTHOcare provides same-day evaluation and treatment for orthopaedic and sports injuries. Patients do not need referrals. UF Health ORTHOcare accepts walk-ins and same-day appointments from 8 a.m. to 5 p.m., Monday through Friday. Walk-in and pre-registered patients are seen on a first-come, first-serve basis Sunday through Friday between 5 p.m. and 9 p.m., and on Saturday from 9 a.m. to 1 p.m.

CONVENIENT LOCATION
3450 Hull Road, Gainesville, FL 32607
www.ortho.ufl.edu



**UF HEALTH ORTHOPAEDICS
 AND SPORTS
 MEDICINE INSTITUTE**

Appointments

UF certified athletic trainers and the team at the UF Health Orthopaedics and Sports Medicine Institute are here to help athletes enjoy a safe and successful season. For more information or to schedule an appointment, please call us today.

- ▶ **Physician Appointments:**
352.273.7001
- ▶ **UF Health ORTHOcare**
(rapid access orthopaedic care):
352.273.7929
Monday – Friday, 8 a.m. - 5 p.m.
(Same-day appointments and walk-ins)
Sunday – Friday, 5 p.m. - 9 p.m.
Saturday, 9 a.m. - 1 p.m.
(Walk-ins and pre-registered patients)
- ▶ **Physical Therapy and Sports Rehabilitation:**
352.273.7004
- ▶ **Certified Athletic Trainers:**
For more information about certified athletic trainers, contact your school's athletic trainer, or call 352.294.1725.



**UF HEALTH ORTHOPAEDICS
 AND SPORTS
 MEDICINE INSTITUTE**

Athletic Trainers



Stay off the sidelines with University of Florida certified athletic trainers and the UF Health Orthopaedics and Sports Medicine Institute.

Our team of University of Florida certified athletic trainers and UF Health physicians, physical therapists and other health care providers from the UF Health Orthopaedics and Sports Medicine Institute are committed to helping athletes prevent injuries and enhance their athletic performance. As one of the only health care teams in the area dedicated to sports medicine, we provide the latest advancements in preventing, evaluating, treating and rehabilitating injuries to help athletes stay at the top of their game.

Our team provides area high school, collegiate and professional sports teams with comprehensive health care that begins right on the playing field.



Certified athletic trainers

Our certified athletic trainers work with area school districts, coaches, parents, physicians and athletes to provide truly collaborative care. From educating players and coaches on how to prevent injuries to developing “return to play” strategies, our athletic trainers keep athletes safe and get them back into the game quickly and safely following injuries and illnesses.

All of our athletic trainers hold degrees from accredited institutions, are board-certified and licensed by the State of Florida, and are trained in these key areas:

- ▶ Injury/illness prevention and wellness protection
- ▶ Clinical evaluation and diagnosis of injuries
- ▶ Immediate and emergency care of injuries and illnesses
- ▶ Rehabilitation and reconditioning to minimize risk of re-injury and return patients to activity as quickly as possible
- ▶ Referral of injured athletes to additional medical professionals when appropriate
- ▶ Health care organization and administration
- ▶ Education and training of coaches, parents, athletic training students and athletes

The role of the athletic trainer at your school

Our athletic trainers are assigned to individual schools and work directly with coaches to provide their athletes the same types of care professional players receive. Athletic trainers attend scheduled practices, games, athletic training clinic hours and events as determined with the school’s athletic director, and also are available to attend coaches’ and parents’ meetings to provide educational information and updates.

Prevention is key

Our goal is to help athletes safely participate in sports while reducing the risk of injury or re-injury through identifying and addressing minor aches or pains that may develop into more serious issues. By discussing athletes’

previous injuries or pre-existing conditions, certified athletic trainers can prepare for situations that may arise during the season and develop proactive programs for preventing injury. Should an injury occur, early treatment can help speed recovery, prevent more serious problems from occurring and prevent lost practice or playing time.

Responding to sports injuries

If an injury occurs on the field or court, our certified athletic trainers immediately respond and perform a thorough evaluation. If the competition, practice or event is “away” or during a time when our athletic trainers are not available, athletes should contact their certified

athletic trainer. In the event of an emergency where our athletic trainers are not available, contact the athlete’s physician immediately, or call 911.

After an injury, athletic trainers work to ensure athletes receive excellent care and communicate all care plans with parents, coaches, school nurses and physicians as appropriate. If further evaluation or treatment is necessary, athletes are referred to their physicians, who may coordinate care with additional specialists, including the UF Health Orthopaedics and Sports Medicine Institute.

ABOUT THE UF HEALTH ORTHOPAEDICS AND SPORTS MEDICINE INSTITUTE

At the UF Health Orthopaedics and Sports Medicine Institute, our team of primary care sports medicine specialists, physiatrists, orthopaedic surgeons, physical therapists, athletic trainers, massage therapists and radiologists collaborate to provide expert care and the full range of orthopaedic and rehabilitative services. UF Health physicians and trained staff care for some of the area’s top athletes and provide medical care for the University of Florida Gators, Santa Fe Saints and many local high schools.

The UF Health Orthopaedics and Sports Medicine Institute provides everything athletes need in one location:

- ▶ Orthopaedics and rapid access care
- ▶ Physical therapy and rehabilitation services
- ▶ Radiology service, including X-ray, CT and MRI
- ▶ Human Dynamics Laboratory with sport performance center and motion analysis
- ▶ Hand and upper extremity rehabilitation
- ▶ Medical massage
- ▶ Aquatic therapy