The University of Florida Adolescent & High School Sports Medicine Outreach Program

Our Mission

The Vision of the Orthopaedic and Sports Medicine Institute and the UF Department of Orthopaedics and Rehabilitation divisions of Sports Medicine and Physical Medicine and Rehabilitation is to be a center for excellence for patient care, education and research related to injuries and conditions that affect the ability of individuals to successfully participate in sports, performing arts, and/or an active lifestyle. The Adolescent and High School Sports Medicine outreach program is one component of realizing that vision.

Why choose UF?

- We proudly feature sports physician coverage at all Alachua County High Schools and some High Schools outside of Alachua County with certified athletic trainers.
- Over 30 years of combined clinical experience
- Our team remains on the forefront of recent treatments, measures and training concepts.
- Concussion Management by certified Concussion Trained Sports Medicine Physicians for 11-18 year old athletes

Webinar Replay - July 15, 2020:
2020 Heat, Heart and Head Sports Injury Prevention Virtual Symposium

Webinar Replay - May 26, 2020:
Arm Care for the Throwing Athlete: Return to Play Guidance During the Pandemic Webinar

Presentations:  OSMI Outreach: Stopping overhead throwing injuries before they happen!

[Prevention of Throwing Injuries]

Ask a Gator Doc: Concussions

[Concussions Part 1]
[Concussions Part 2]

Handouts:  6th Annual Heat, Heart and Head Sports Medicine Symposium

[2018 Heat, Heart, Head Symposium Flyer]
Outreach General Education Handouts

- Heat Related Illness in Sports
- Preventing Overuse Injuries in Children
- Soccer Injuries in Adolescent High School Athletes
- Thrower's Ten

OSMI Outreach: Stopping overhead throwing injuries before they happen!

- Preventing Throwing Injuries
- Softball Injury Prevention

Ask a Gator Doc: Concussions

- Sports Related Concussions

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