

## **Come experience NO PAIN, ALL GAIN . . .**

Our outpatient sports performance experts help provide the athlete with the highest quality health care possible and help maintain the safety and welfare of all who participate in athletics.



The comprehensive health care services include an integrated and holistic approach to injury prevention, injury recognition and assessment, treatment, and reconditioning of those injured in order to help athletes return to sports.

## **And get BACK IN THE GAME!**

Westview Health Care Center  
150 Ware Road  
Dayville, CT 06241



# **WESTVIEW**

# **SPORTS**

# **MEDICINE**

## **ATHLETIC TRAINING SERVICES**

**Keeping you at the  
top of your game.**

# ***YOUR PERFORMANCE IS OUR PRIORITY***

**Our athletic trainers will assist you in reaching your full potential!**

## **WE ARE**

## **WESTVIEW HEALTH CARE CENTER**

Whether you are in recovery or on the playing field and want to avoid an injury, Westview Health Care Center's outpatient sports performance experts are committed to providing state-of-the-art sports medicine, athletic training and clinical care for athletes of all ages and skill levels.



As a leader in rehabilitative care, Westview uses the latest technology and research to treat a range of conditions, including acute sports injuries; strains; sprains; muscle, tendon and ligament tears and repairs; tendonitis; wrist, hand, knee, elbow and shoulder injuries; post-orthopedic surgery; chronic musculoskeletal disorders; overuse injuries, and foot and ankle dysfunction.

## **WESTVIEW'S**

## **CERTIFIED ATHLETIC TRAINERS**

Westview's Certified Athletic Trainers are highly qualified, multi-skilled health care professionals who collaborate with school physicians and nurses; sports program officials; Primary Care Physicians; and local orthopedics and physical therapy offices to optimize patient activity and participation in athletics, work and life.



We are proud to contract with local public and private schools to provide immediate treatment, concussion recognition and monitoring; and testing in order to prevent and protect injuries that occur on the playing field during games and practices.

## **HOW WE CAN**

## **ASSIST YOUR NEEDS.**

- Plan and implement comprehensive programs to prevent musculoskeletal injuries
- Apply protective or injury-protective devices such as tape, bandages and braces
- Provide functional movement and biomechanical assessments
- Evaluate, diagnose and triage emergent, acute, overuse and chronic musculoskeletal injuries
- Concussion recognition and management
- Immediate care, treatment, rehabilitation and reconditioning of musculoskeletal injuries
- Provide return-to-play decisions following concussion and musculoskeletal injuries
- Sport specific strength training and conditioning
- Provide medical coverage of athletic practices and competitions
- Expedite referrals to other health care professionals
- Provide athlete/parent injury education

*For further information, please contact 860-774-8574*

***westviewhcc.com***