



Sept 9, - Nov 4, 2018
10am - 1pm
Sports Medicine MD
At Centereach only

2018 FALL RECOVERY CLINIC

The St. Charles Sports Medicine Recovery Clinic is designed for high school athletes who want to maximize their physical recovery between strenuous games, practices and training sessions. The primary focus of the Recovery Clinic is injury prevention and performance enhancement. We address the muscle soreness, tightness and other physical effects associated with strenuous activity thereby returning you to the field ready to perform at your best.



Our team of specialty trained Sports Medicine Physical Therapists and Certified Athletic Trainers work with you to customize your recovery program to best address your individual goals. Recovery programs vary based on each athletes specific needs as well as the sport, season and position. No appointments are necessary. Our recovery clinic is part of our outreach to the sports community and offered at **no charge**.

The state of the art services and resources offered in the Recovery Clinic are:

- Full submersion ice water baths and cryo cuffs
- Electrical Stimulation (MarcPro®)
- Intermittent Compression (Normatek®)
- Customized stretching programs
- Active recovery exercise programs



Injury assessments/screenings are available for any athlete that has a specific concern or possible injury. Screenings are performed by **Sports Medicine Physicians** and **Sports Physical Therapists**. Our onsite staff will ensure you receive the care you need and can offer easy access to our team of Orthopedic Sports Medicine Specialists when necessary.

For more information about our recovery clinic or the sports medicine program,

please call Ray Nelson at **631-476-5680**

or visit www.stcharlessportsmedicine.org

St. Charles Rehabilitation Network offers premier rehabilitation in 8 locations:

- Port Jefferson ● East Setauket ● Centereach ● Ronkonkoma
- Patchogue ● Melville ● Albertson ● Smithtown ● Commack

RECOVERY LOCATIONS

CENTEREACH
2100 Middle Country Rd

COMMACK
500 Commack Rd.

PATCHOGUE
77 Route 112