



*Sports Medicine*

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**Lahey**  
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# *Lahey Clinic Sports Medicine*

Lahey Clinic Sports Medicine provides a multidisciplinary team approach for the evaluation and treatment of athletes of all ages. Physicians in all specialties are easily accessible for consultation, allowing outstanding care to the athlete/patient.

Orthopaedic surgeons with fellowship training in sports medicine and physical therapists with special interest and expertise in athletic injuries work together to help athletes recover quickly and return to their sport.

The sports medicine staff also provides educational and training programs geared to preventing athletic injury.

## *Physician Services*

- Evaluation of acute and chronic injuries
- State-of-the-art treatment for complex disorders of the upper and lower extremities
- Foot and ankle specialists who are highly skilled in treating complicated lower leg problems; spine specialists available to assess neck and back injuries; and hand specialists
- Arthroscopic surgery of the hip, knee, ankle, shoulder, elbow and wrist
- Ligament reconstruction
- Tissue transplantation



## *Physical Therapy Services*

- Supervised exercise programs to facilitate recovery from sports injuries
- Isokinetic and isotonic exercise machines
- Closed kinetic exercise machines
- Electrical muscle stimulation
- Modalities to control swelling and pain
- Biomechanical evaluation for fabrication of orthotics

- Sports Medicine services are available Monday through Friday, including evening hours.
- Educational lectures and programs are available to schools and athletic programs on request.
- The Sports Medicine Appointment Sportsline is available 24 hours a day.



### *Sports Medicine Locations:*

Lahey Clinic Medical Center, Burlington:  
781-744-8650

Lahey Clinic Northshore, Peabody:  
978-538-4706

Lahey Lexington: 781-372-7020

Lahey at Arlington: 781-641-7693

*For a directory of staff and services, see our  
web page at [www.lahey.org/sportsmed/](http://www.lahey.org/sportsmed/)*

Department of Orthopaedic Surgery  
Lahey Clinic Medical Center  
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