



Sports and Spine Physical Therapy

Function and Fitness for Life



sportspine



clinic introduction

Welcome from our CEO
Page 02

Manual Therapy
Page 04

The Sports and Spine Philosophy
Page 05

Our Physical Therapy Clinics
Page 06

Our Aquatic Therapy Center
Page 07

Our Patients
Page 08

Developing Clinicians and Interns
Page 10

Extended Services
Page 11

function and fitness for life

© 2012 Sports and Spine,
All rights reserved.

No part of this brochure may be reproduced, stored in a retrieval system or transmitted in any form, or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of Sports and Spine Inc.



Welcome from Our CEO Leon Anderson III

The Sports and Spine story begins with my pioneering father Leon Anderson Jr. He was the 16th person to become a licensed physical therapist in the state of Ohio. Observing him develop his clinical expertise and start his private practice 30 years ago was my inspiration to opening Sports and Spine Physical Therapy.

Sports and Spine Physical Therapy has provided quality rehabilitation services to the local community in a variety of settings since 2003. These settings include our outpatient centers, school districts, corporate rehabilitation/fitness and aquatic therapy to name a few. We expanded our community to include my second home, the queen city of Charlotte, North Carolina in 2007

Our entire staff, including interns, is committed to our patients having an excellent experience from their initial call to our front office, through the scheduling of their first appointment, and culminating with their discharge celebration.

We believe our success is the direct result of our expert clinical training and our corporate culture. Our corporate culture is the glue that holds the organization together. Our employees are responsible for ensuring each patient is treated like a family member and receives superior care.

Please take a few minutes to read about our practice and services. We look forward to serving you soon.

Leon Anderson III
Physical Therapist and President

Leon Anderson III



Manual Therapy

Our Patient Care Methodology

Manual therapy is an advanced level of physical therapy training that includes skilled, specific hands-on techniques to diagnose and treat soft tissues and joint structures. Anticipated outcomes may include managing pain, increasing range of motion, reducing soft tissue tension, eliminating joint inflammation, increasing joint mobility, improving joint stability, restoring normal movement patterns, improving general fitness and returning to work/sport.

Sports and Spine Physical Therapy, Inc. concentrates on:

Soft Tissue Mobilization

This is designed to improve mobility to muscles, tendons and fascia as it relates to pain, posture and joint dysfunction. Specific techniques - such as massage, myofascial release and strain-counterstrain - are individualized to the patient's dysfunction.

Joint Mobilization

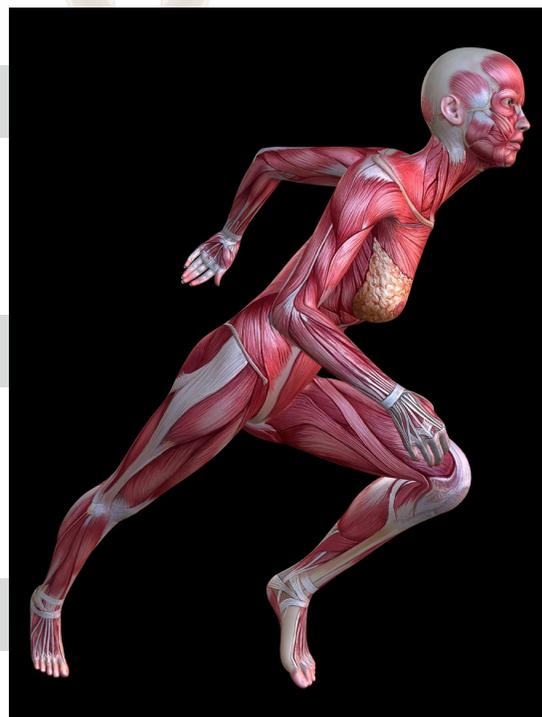
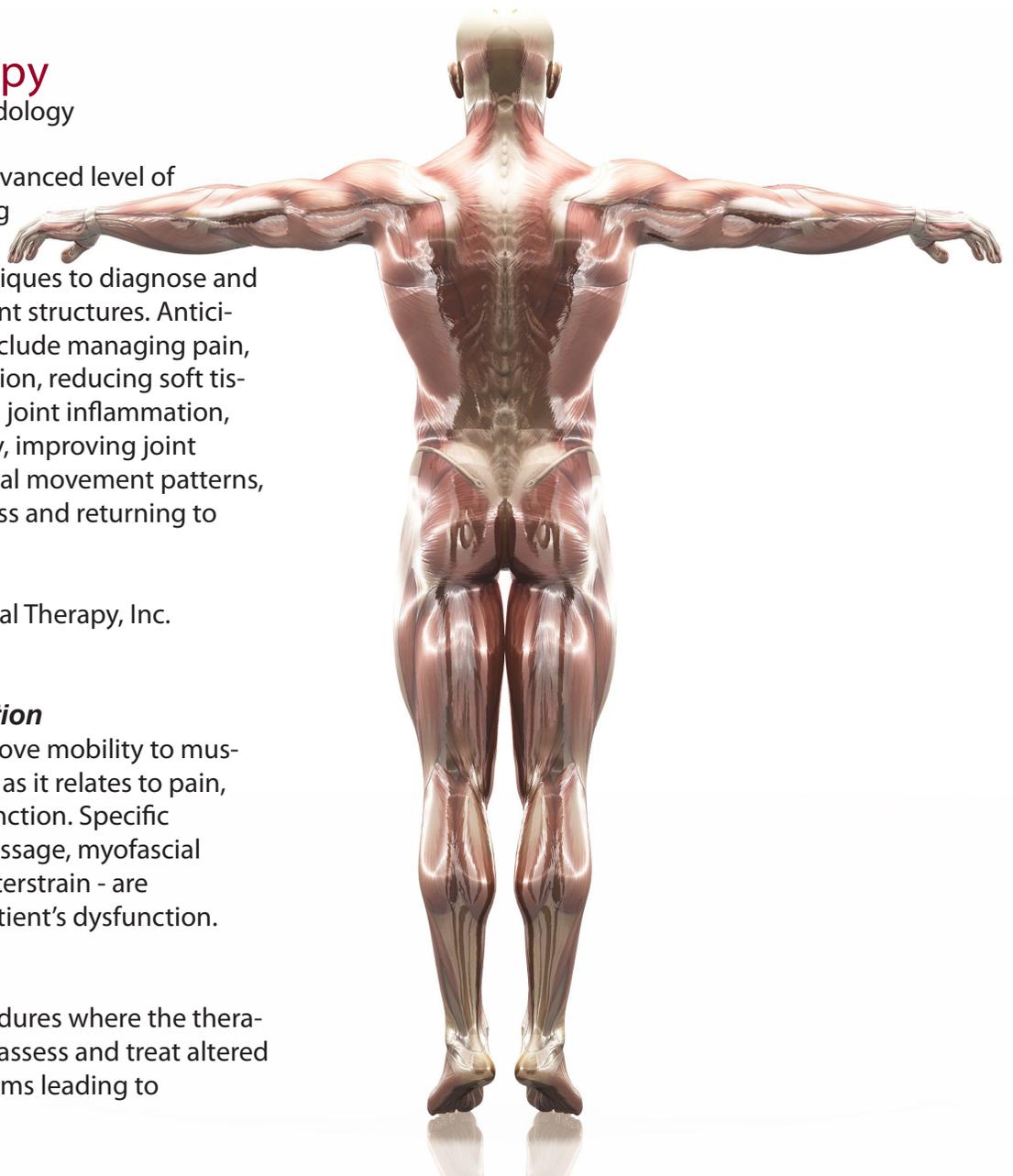
These are passive procedures where the therapist uses their hands to assess and treat altered mechanics of joint systems leading to dysfunctions.

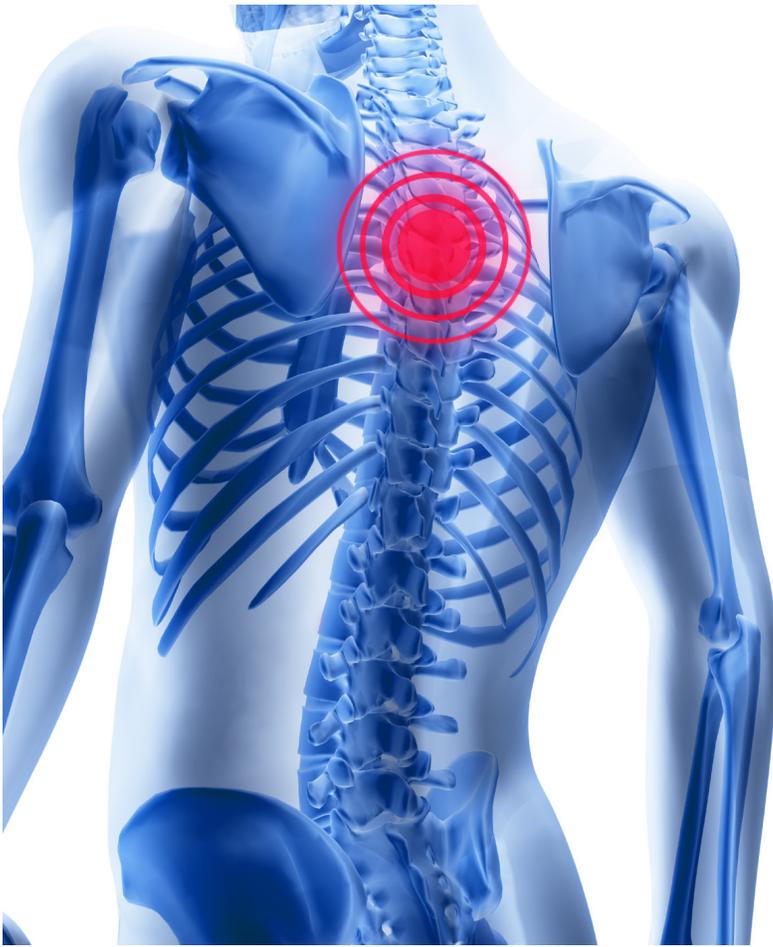
Exercise Rehabilitation

Your therapist will supervise you in a dosed exercise program to match your tissue injury and/or movement dysfunction. Our specialized training and equipment allows for early rehabilitation of the most acute injuries. Dosed exercise progressions will restore you to normal function and/or elite athletic performance.

Patient Education

Your therapist will educate you on how to best manage your problem during and after physical therapy; including self-care strategies, home exercises and work ergonomics. We can also advise you and, when necessary, your trainer on how to best reach all your fitness goals.





Our Philosophy

Fitness and Function for Life

Sports and Spine Physical Therapy Inc. was founded on the principal of providing high quality rehabilitation services which assist our patients in attaining their optimum level of well being and functional independence.

Our objective is to provide comprehensive therapy programs while taking a holistic approach to providing patient care. When a new patient visits any of our facilities, they are greeted with a warm and professional staff. It is essential that from the outset our patients adopt us as caring partners in their rehabilitation.

Patient morbidities span a wide range from acute occupational and or sports injuries to chronic diseases such as Muscular Sclerosis and Hemophilia. Caring for our patients spirit and mental outlook is a core part of our patient care program. We work very hard to help our patients develop courage, enthusiasm and personal ownership of their plan of care.

When you become a patient of Sports and Spine, you are assigned a physical therapist and a physical therapy assistant to oversee your treatment. It is essential that our patients look forward to being treated. Consequently, liberal time is allocated to each and every appointment to ensure an optimum level of treatment each and every time.

This comprehensive plan of care has been proven to be successful as hundreds of Sports and Spine patients have returned to their level of function prior to injury, as well as to optimize their quality of life while living with chronic diseases.

Simply said, Sports and Spine patients get better!



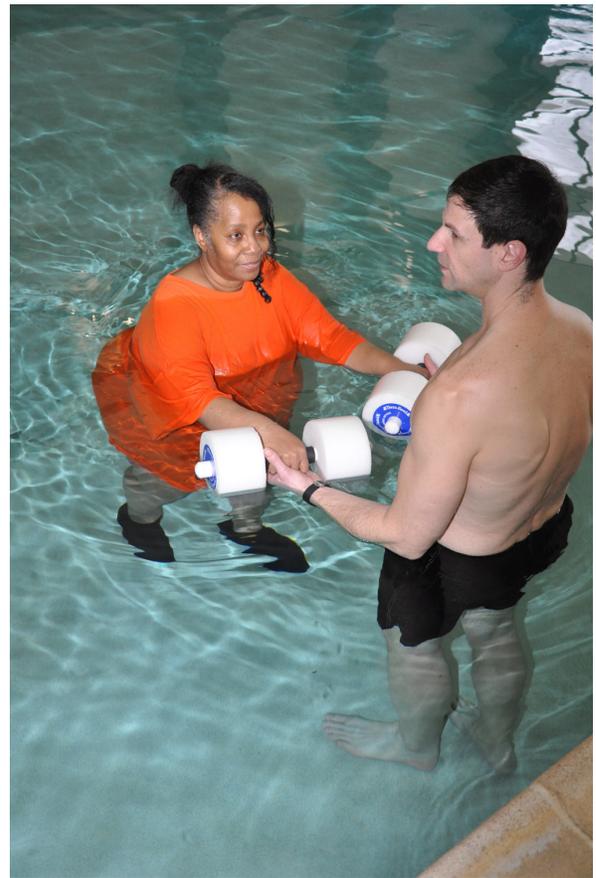
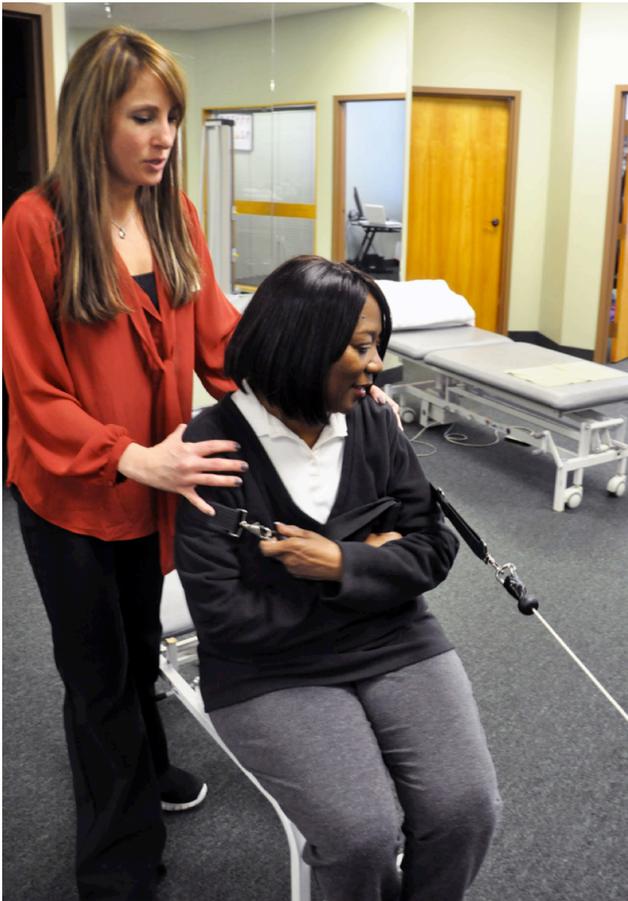
Our Clinics

Conveniently Located to Serve

Sports and Spine currently has several clinics that serve our patients. Our corporate office is housed inside our home clinic which is located in Beachwood, Ohio. Our spacious facility provides space for treating patients as well as our Sports Medicine and Wellness programs.

Our Charlotte, North Carolina facility is located on the second floor of the Primecare Medical Center on Beatties Ford Road. We opened our doors in Charlotte in 2007 with the same focus, passion and expertise to provide optimal rehabilitative services.

In May of 2011, we partnered with St. Vincent Charity Medical Center of Cleveland, Ohio to become their sole provider of outpatient physical therapy services at the Peak Performance Center in Broadview Heights, Ohio.



CORPORATE OFFICE: info@sportspine.com (e-mail)
3365 Richmond Road, Suite 110, Beachwood, Ohio 44122, 216.593.7070 (V) 216.593.7074 (F)

ST. VINCENT CHARITY MEDICAL CENTER THERAPY SERVICES AT PEAK
Peak Performance Center, 1 Eagle Valley Court, Broadview Heights, Ohio 44147, 216.357.4401 (V) 440.262.6129 (F)

AQUATIC CENTER:
The Hamptons, 27040 Cedar Road, Beachwood, Ohio 44122, 216.593.7070 (V) 216.593.7074 (F)

NORTH CAROLINA:
3627 Beatties Ford Road, Charlotte, North Carolina, 28216, 704.394.6677 (V) 704.394.6699 (F)

Our **Aquatic Center** is a very important and essential component of the Sports and Spine physical therapy practice. Patients with morbidities that pose weight bearing challenges benefit immensely from the reduced pain and increased range of motion provided by treatment administered in a pool kept at 89 degrees Fahrenheit.

After being evaluated at our primary Beachwood, Ohio facility, patients may receive a personalized course of treatment that mitigates their pain and allows them to gain range of motion and strength by having their bodies supported by the buoyancy of the pool. This added dimension of treatment enables our patients to recover more quickly and regain their primary function.

<http://goo.gl/I3knD>



aquatic
physical therapy



Meet One of Our Patients

Jason Pryor, Aspiring Olympic Fencer

Jason Pryor is a high level athlete who competes in the sport of fencing. Currently Jason resides at the United States Olympic Training Center as an athlete in residence. His event is the Epee.

Jason's resume includes an Ohio State University team victory at the 2008 NCAA National Fencing Championship and an individual bronze medal at the 2009 NCAA National Fencing Championships.

Currently Jason ranks as one of the top ten senior men Epee fencers in the United States. He is a consistent top finisher in domestic competitions and looks forward to World Championship and Olympic teams.

Several times throughout Jason's collegiate career Sports and Spine had the privilege of treating Jason for fencing related injuries.

While Jason is currently under the care of the doctors and clinicians at the Olympic Training Center, the team at Sports and Spine is always available to lend a helping hand.



Developing Clinicians and Interns

Our Patient Care Methodology

André R. Russell, Chief Operations Officer



Providing mentorship and practical experience for interns is a high priority for Sports and Spine. The Student Program is an intensive hands on environment for potential allied health students completing their academic requirements. Many of our student clinicians have graduated and still use the SSPT patient philosophy in their professional practices and careers. Giving back to the community is in our company's DNA. We also provide internship opportunities to high school and college students who are seeking practical work experience, yet are not completely sure they wish to pursue physical therapy as a career.

We provide mentors, career guidance and an environment where our interns have real world experiences to help them make an informed decision in regards to their future.

Consistent with our individualized approach to patient care, our Student/Intern/Volunteer program is tailored to meet the needs and goals of each student. Students must submit their resume, goals and objectives they wish to accomplish during their tenure along with their availability and all school requirements for consideration.

Mr. Andre R. Russell coordinates and manages our program. He, like the majority of our staff, is a product of the Student/Intern/Volunteer Program.



Extended Services

Wellness | Speed and Strength Training

Athletic Speed and Strength Training

Performance enhanced strength training, especially in the off-season, is the initial foundation for optimized performance in the next season. By getting stronger, our athletes are able to work longer and harder in developing their skills in practice. Our strength plan is sports specific focusing on balance, power, strength and explosiveness.

Our Speed Program is also sports specific covering the following: straight ahead speed, lateral speed, back pedaling, first step explosiveness, overall explosiveness, jumping and agility. We help our athletes create more power in each of their sprints and running strokes which therefore increases their speed output. We can improve flexibility, which is so critical to mastery of technique. In addition, flexibility is an insurance package against sustaining a possible injury.

Our athletes' goals are met through a concerted effort with our highly trained clinical staff, our athletes' parents and coaches. Results are yielded through the one on one relationship between our staff and the athlete, and the shared commitment towards our goals.

Weight Training and Weight Loss

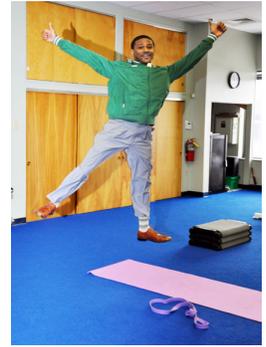
Sports and Spine Physical Therapy, Inc is offering a new exercise regimen designed at increasing metabolism and burning fat while building lean muscle mass. Our program consists of an initial musculoskeletal screening to determine any preexisting injuries. It incorporates multiple phases of weight training with complex exercises and short rest breaks producing an immediate caloric burn.

Each session is led by a highly trained rehabilitation specialist to ensure proper form and assist in avoiding injury. Nutritional components and direction are included. Our Weight Training and Weight Loss Program is consistent with our individual patient care model. The program is specified for basic through advanced levels of fitness including post-rehab clientele. Scheduling is individualized and centered around our clientele's busy schedule. The average client schedules 2-3 sessions per week lasting 45 minutes to an hour in duration. However, each client's program is designed around their goals, pace and availability.

Our main goals are to help our clients reach their weight goal and sustain their level of fitness and function throughout the rest of their lives.



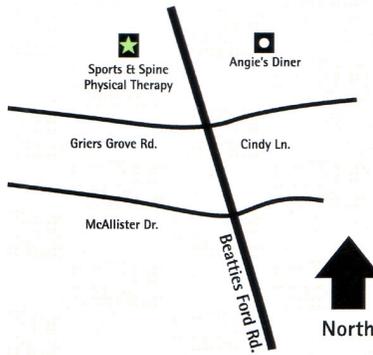
Function and Fitness for Life!



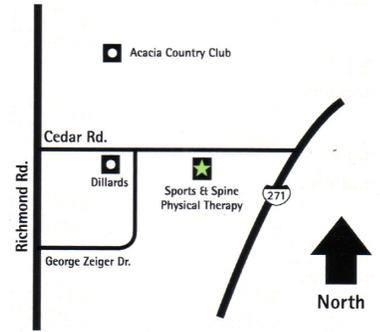




3365 Richmond Road, Suite 110
Beachwood, Ohio 44122
216.593.7070
216.593.7074 (fax)



3627 Beatties Ford Road
Charlotte, North Carolina 28216
704.394.6677
704.394.6699 (fax)



27040 Cedar Road
Beachwood, Ohio 44122
216.593.7070
216.593.7074 (fax)



<http://goo.gl/S8Kc6>



<http://goo.gl/4eCqG>



<http://goo.gl/tuKfQ>



www.sportspine.com

© 2012 Sports and Spine Physical Therapy, Inc.