The Sports Medicine Program at Carolinas Rehabilitation is part of a nationally recognized healthcare network that provides comprehensive rehabilitative inpatient and outpatient services throughout the region.
Sports Medicine Within Reach

Sports medicine refers to the evaluation, treatment and prevention of athletic injuries, and performance enhancement. Carolinas Rehabilitation offers a multidisciplinary network of outpatient clinics to meet the needs of active people of all ages – from the “weekend warrior” to the professional, collegiate or high school athlete.

Expertise Within Reach

Our medical professionals represent a diverse range of specialization in exercise and sports science. Their areas of expertise include physical therapy, athletic training, clinical medicine, orthopaedics, exercise physiology, biomechanics and kinesiology. A number of our staff members hold dual licenses and certifications in related areas of expertise, including Certified Athletic Trainer (ATC), Sports Certified Specialist (SCS), Orthopaedic Certified Specialist (OCS) and Certified Strength and Conditioning Specialist (CSCS).

Many facilities throughout the Carolinas Rehabilitation network offer sports medicine services. Each has state-of-the-art equipment and certified therapists on staff to provide individualized assessments. In addition, on-site sports medicine coverage is provided to local high school sports teams, various professional teams, events and more.

Programs Within Reach

The Sports Medicine Program provides patient assessments and treatment techniques to address specific performance and rehabilitation goals. Sports medicine offers services and clinics to meet virtually any sports-related diagnosis.

These services include:

- Physical therapy
- Athletic training
- Orthopaedic physical rehabilitation
- Athletic spine care
- Return to activity training
- Athletic training outreach
- Pitching for Success
- Acute injury assessment clinic
- Runner’s clinic
- Jumpmetrics
- Motor sports injury assessment

Sports medicine services are within your reach with convenient locations throughout the Charlotte region. For more information about the programs offered through Carolinas Rehabilitation, call 704-355-8100 or 877-REHAB51 (877-734-2251).