

Four questions to ask for a sports related injury.

If you have a sports injury, it's a good idea to see a sports medicine specialist. Here are key questions to ask before you decide where to be treated.

Q: Do I need a sport medicine specialist?

A: "A sports medicine specialist is a physician who is specially trained to diagnose, treat, and rehabilitate people with injuries of the knee, shoulder, back, wrist, ankle, and more," explains Kathy Weber, MD, sports medicine specialist. "At Midwest Orthopaedics at Rush, our sports medicine specialists are also experts at treating concussions, improving performance, and preventing future injuries. We will get you back to your peak performance as quickly as possible."

Q: Do I need to be an "athlete" to see one?

A: "You absolutely do not need to be an 'athlete' to see a sports medicine specialist," explains Nikhil Verma, MD, sports medicine surgeon. "At Midwest Orthopaedics at Rush, while we do treat athletes – from junior high to the pros; we also treat recreational sports enthusiasts, like runners, golfers, and tennis players; plus a lot of people who get physically injured at work or during everyday life. No one can return you to full function like we can."

Q: What options do they provide?

A: "No sports medicine group in the region offers you more options than Midwest Orthopaedics at Rush." says Julie Bruene, MD, sports medicine specialist. "We have physical therapists, pain management specialists and physiatrists who are experts at helping to relieve pain, build strength and improve performance. And if surgery is needed, we are pioneers at minimally invasive surgery."

Q: How experienced are they?

A: "Even if you're not an athlete, you want a sport medicine specialist who has seen it all," explains Gregory Nicholson, MD, sports medicine surgeon. "We are team physicians at many area high schools, colleges and pro teams, including the Chicago Fire Soccer Club, Chicago White Sox, and Chicago Bulls. And the orthopedic program at Rush is ranked 4th in the nation and #1 in Illinois and Indiana by *U.S. News & World Report*. So, if you have a sports or physical injury of any kind, put the experts on your side."

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