



St. Francis Sports Medicine

A Woman's "No Sweat" Guide to Health Enhancement

Regular exercise is a great thing – in fact, it's one of the best things you can do to maintain or improve your overall health. But despite all the benefits of exercise, active women are at a greater risk of experiencing sports-related injuries and conditions that are specific to the female body.

St. Francis Sports Medicine is proud to partner with a unique network of specialized care providers who manage sports-related illness and injury, and optimize overall health and sports performance for female athletes. Let us help you incorporate these strategies into your game plan:

Manage Injuries and Conditions

Orthopedic Care

St. Francis Sports Medicine's highly-trained network of physicians, surgeons, athletic trainers and physical therapists work as a team to treat all types of sports-related injuries and conditions and get you back in action.

Women's Medical Care

Beyond sports injuries, women can experience overtraining, the Female Athlete Triad, exercise-induced asthma, diabetes and other medical issues that affect their ability to exercise safely and effectively. Our physicians can treat these conditions, as well as offer advice for exercise strategies during pregnancy, post-partum and menopause.

Physical Therapy

Physical therapy with a certified therapist can help reduce pain, increase flexibility, range of motion, and function, as well as build strength after a surgery or injury.

Pulmonary Care

Lung capacity is important to athletes, and pulmonary care can help determine the cause of shortness or breath or can help to increase lung capacity.

Complementary Therapies

Acupuncture, chiropractic care, yoga, massage therapy and other complementary treatments all can be effective at relieving pain, achieving more balanced energy, and keeping your body in top form.

Optimize Performance

Nutrition Counseling

Give your body the energy it needs to train, compete, or just make it through a long day! Nutrition counseling also can include strategies to enhance your training, ward off osteoporosis, manage weight or control health issues.

Personal Athletic Training

A certified trainer can design a customized fitness program that meets your fitness goals, integrates with your lifestyle and provides maximum results with minimum risk of injury. Personal training also can include body composition and cardio fitness testing.

Strength Training

Intensify your power with strength training, which can increase speed, agility, balance and coordination, all while reducing the chance of a sports-related injury.

To take advantage of any of these services, talk to your doctor or call St. Francis Sports Medicine at 864-675-4878 for a referral.



BON SECOURS
ST. FRANCIS HEALTH SYSTEM

Learn more at www.stfrancishealth.org/sports