

Performance Improvement

Regardless of the sport, individuals and teams can benefit from sports conditioning and athletic performance improvement. Updated program offerings can be found by visiting www.summahealth.org/sportshealth or www.summawellness.org.

Vertical Jump, Speed and Agility

For sports like volleyball and basketball that require powerful vertical movements, our program can help evaluate areas of weakness and poor flexibility by addressing them through specific improvement exercises. Athletes can expect to improve movement patterns and learn injury prevention methods, all to enhance quickness, agility, and power. Small group sessions are held to allow more individualized attention and to stress quality of movement.

Football Speed, Agility and Power

This program takes the strength gained in the weight room and moves it to specific functional training to improve speed, power, agility, explosion and acceleration. Athletes can expect to improve movement patterns and learn injury prevention methods. Small group sessions are held to allow for more individualized attention and to stress quality of movement.



Body Age Assessment

The body age assessment can be used as a motivator for those who have not been active and evaluate their journey in becoming healthy, as well as athletes of all ages and backgrounds. Various levels of assessment are offered, and can include a body composition, biometrics, fitness evaluation, blood glucose and cholesterol analysis and heart rate monitoring. This assessment is available at the Summa Health Center at Lake Anna YMCA.

Sports Health Resource Network

Summa Health System is developing a Sports Health Resource Network of professionals throughout the community. Athletes can access these resources to help find a specialty physician, ensure proper shoe, bike or brace fitting, locate sports performance/strengthening programs and other areas of need.



Sports Health Services

To make an appointment with a sports health physician, contact a Summa Health System location near you at 888-7-Summa-Sport (888-778-6627).

Summa St. Thomas Hospital

Summa Orthopaedics and Sports Medicine
20 Olive Street, Suite 201, Akron

Summa Health Center at Western Reserve

5655 Hudson Drive, Suite 200, Hudson

Tuscora Park Building

201 Fifth Street NE, Suite 14, Barberton

Summa Health Center at Streetsboro

9318 State Rt. 14, Streetsboro

Summa Health Center at Green

3838 Massillon Road, Suite 350A, Uniontown

To make an appointment for outpatient sports rehabilitation, physical therapy or occupational therapy, contact a Summa Health System location near you.

Akron Area

Summa St. Thomas Hospital

444 North Main Street, Akron
(330) 379-5200

Summa Rehabilitation Services at Shaw Jewish Community Center (JCC)

750 White Pond Drive, Suite 500, Akron
(330) 836-9023

Cuyahoga Falls Natatorium and Wellness Center

2345 Fourth Street, Cuyahoga Falls
(330) 926-0384

Summa Wellness Institute at Western Reserve

5624 Hudson Drive, Hudson
(330) 655-8070

Southwest Area

Summa Health Center at Green

3838 Massillon Road, Suite 320, Uniontown
(330) 899-5599

Summa Health Center at Anna Dean

28 Conservatory Drive, Suite A, Barberton
(330) 615-5000

Summa Health Center at Lake Anna

500 West Hopocan Avenue, Barberton
(330) 615-5020

Summa Wadsworth-Rittman Hospital

195 Wadsworth Road, Wadsworth
(330) 331-1686



Sports Health Services

Throughout Summa Health System, our goal is to provide a full spectrum of professionals to cover all aspects of sports health - from prevention and treatment, to education and training enhancement programs. To ensure quick access to sports health appointments, we have multiple locations throughout the Summa Health System service area.

Our team includes sports medicine-trained physicians, orthopaedic surgeons, athletic trainers, physical therapists, occupational therapists, exercise physiologists, sports psychologists and sports nutritionists.

Who We Treat

We treat a mix of athletes from a wide range of sports, ages and activity levels. We see student athletes - from children (starting at 8 years old), to adolescents in middle school, through young adults in high school and college. We also offer integrated care to “weekend warriors” and recreational athletes, as well as professional and semi-professional athletes. We address health concerns faced by “team” athletes – basketball, baseball, football, track and field, wrestlers, gymnasts and swimmers – to “independent” athletes, like runners, tri-athletes, cyclists, dancers, golfers and martial artists.



WE TREAT A MIX OF ATHLETES
FROM A WIDE RANGE OF SPORTS,
AGES AND ACTIVITY LEVELS

Physician Services

Appointments

Getting athletes healthy and back to the sports they love are our goals. In most instances, we are able to offer same-day or next-day appointments (seeing a physician within 24-48 hours) for most sports-related injuries.

What We Treat

We provide medical treatment for common muscle, bone, joint and tendon concerns. These include sprains and strains, fractures, overuse injuries, tendonitis and tendonosis, dislocations and subluxations, and compartment syndrome. If surgery is recommended, we provide referrals to our highly-skilled Summa Health System orthopaedic surgeons. If rehabilitation is required, we will recommend a Summa Health System rehabilitation location that is close to work, home or school.

Concussion Testing

Brain injuries can occur in some sports, and some athletes are more susceptible than others. We provide concussion testing and interpretation, as well as recommendations for return-to-play decisions.

Specialty Medical Issues

Our sports medicine physicians also evaluate, treat and provide return-to-play decisions

for athletes who need to manage their chronic health conditions like diabetes, asthma, exercise-induced asthma, or who are recovering from acute illnesses like mononucleosis.

Physicals

Summa Health System sports medicine physicians are available to conduct required sports physicals in their medical offices.

Wrestling Skin Checks

During the wrestling season (December through March), we offer wrestling skin checks to prevent or minimize common skin afflictions. These skin checks can either be on a walk-in basis at designated medical offices on Monday and Tuesday afternoons, or by appointment.

Integrated Care

Emergency Care

Summa Health System’s Emergency Departments work closely with athletic trainers and other sports health staff for any sports injury. If necessary, we can refer athletes to a sports medicine specialist for additional care.

Orthopaedic Surgery

Should your sports-related injury require surgical treatment, we will refer you to one of Summa Health System’s orthopaedic specialists. Many of our specialists have specific training in the sports medicine field, as well as foot and ankle, knee, hand, shoulder and spine surgeries.

Radiology and Imaging

Our sports health physicians are often located in or near buildings where radiology and imaging services are located, if you require an x-ray, ultrasound or other scan for diagnosis.

Outpatient Rehabilitation

Rehabilitation is often a central part of sports injury recovery. Summa Health System's sports, physical and occupational therapists use a variety of techniques to address acute, overuse or chronic injuries. In addition to traditional therapy, they all use specialized therapies, including the Graston technique, Trazer equipment (movement-specific video game), McKenzie methods and aquatic (water) therapy. Our therapists have treated patients with a variety of injuries, from spine injuries to dancing injuries. Multiple rehabilitation sites are located close to work places, schools and residential areas to make weekly appointments convenient. For more information about our locations, go to www.summahealth.org.

Sports Nutrition

Eating right plays a big role in sports performance since food is the fuel that powers the body. Our sports nutritionist can

develop eating plans for high-performance athletes, school athletes and those looking to improve their overall health. Our nutritionist also specializes in athletes with eating disorders.

Sports Psychology

Our sports health team collaborates with a sports psychologist who can work with individuals and teams on a variety of issues, including mental preparedness, overcoming “ruts” in performance, working as a team and the power of positive thinking in competition.

Athletic Training

Summa Health System has licensed, athletic trainers on-site at contracted schools to provide healthcare support for athletes during daily practices and games. Athletic trainers can also be requested for special community sporting events, such as marathons, softball tournaments and recreational/youth events. Our athletic trainers provide injury evaluation, treatment, protective taping/bracing, first aid, emergency care, injury prevention and rehabilitation.

Wellness and Injury Prevention

We are also committed to athletic wellness and injury prevention. Throughout our communities and contracted schools, our physicians and athletic trainers work with students, coaches

and parents to improve sports performance and prevent injury through proper stretching, resting, diet and training. We conduct coaches' first aid and pupil activity validation classes (as required by the ODE), an annual sports health symposium for healthcare professionals and sports-specific educational programs for injury prevention and first aid.

Special Programs

Golfing

Whether golfing is a weekend passion or a school team sport, golfers of all ages and abilities can improve their game at the Summa Wellness Institute. We offer an individualized golf performance program, video golf swing analysis, golf fitness clinics and team golf programs.

Running

Competitive or recreational runners can improve their running times and reduce their risk of injury from our water cross-training program. This program provides a challenging structure to help develop power, speed and cardiovascular endurance while reducing stress on the legs. This water regimen allows recovery from a hard training running season and also reduces the likelihood of overuse injuries experienced by many runners.

