A QUICK GUIDE TO THE

orthopedic ONE¹

SPORTS MEDICINE HOTLINE

📞 **614.827.8210**

✉️ **SPORTSMED@ORTHOPEDICONE.COM**

The certified athletic trainer on call will receive and respond to messages 7 days a week, returning calls between the hours of 8:00 AM and 7:00 PM.

WHO CAN USE THE SPORTS MEDICINE HOTLINE?

The Hotline is a FREE resource to Coaches, Families, and Athletes with any of our affiliated clubs or organizations. Our goal is to keep athletes out of our office and on the field.

Have a sports medicine related question or need? Connect with an Orthopedic ONE certified athletic trainer through the Sports Medicine Hotline to assist with the following common requests:

- Address injuries that do not require immediate medical attention.
- Schedule a no-cost injury evaluation with a certified athletic trainer.
- Answer general questions regarding sports medicine care.

Please note: If an appointment with a physician is warranted, traditional patient visit costs apply.

WHEN TO USE THE SPORTS MEDICINE HOTLINE?

An athlete appears to sprain her ankle competing at an out-of-town tournament.
- The athlete or her guardian contacts the Orthopedic ONE Sports Medicine Hotline.
- The athletic trainer on call discusses options to help keep the athlete comfortable and prevent further injury. Depending on severity, he may schedule a no-cost, in-person consultation with an Orthopedic ONE certified athletic trainer OR a traditional office visit with an Orthopedic ONE physician.

An athlete has experienced nagging knee pain for a few weeks, but he notices the pain worsens on a Saturday afternoon.
- The athlete contacts the Orthopedic ONE Sports Medicine Hotline.
- The athletic trainer on-call schedules a no-cost, in-person evaluation within 24-48 hours or at a preferred time and location for the patient with an Orthopedic ONE certified athletic trainer to assess the injury and determine the next steps.

If you have a life or limb-threatening situation, immediately call 911 or head to the nearest Emergency Department.

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