

Sports Medicine

The Sports Medicine Center is a collaborative between the Orthopedics Department and the Farnum Rehabilitation Center at Cheshire Medical Center/Dartmouth-Hitchcock Keene, which provides state-of-the-art preventative, diagnostic and treatment modalities at one convenient location. We treat sports related injuries for people of all ages.

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- > [Patient Story: Susan, Stratton Mt, VT](#)
- [Procedures Performed or Problems Diagnosed and Treated](#)

The Sports Medicine Center consists of two Fellowship trained orthopedic surgeons and is a multi-specialty physician group practice. We have an interdisciplinary team of Physical Therapist, Athletic Trainers, Occupational Therapists, dietitians, and specialized nursing staff.

Our facility includes aquatic therapy pools, modern rehabilitation equipment, and the considerable resources of the Cheshire Medical Center.

We provide athletic training coverage to five local high schools with focus on education, prevention, and management of sports related injuries. And, we are also the proud sponsor and medical coverage provider for the Keene Swamp Bats.

[Click here to learn more about High School Sports Medicine Services.](#)
[Why Choose Cheshire Medical Center / Dartmouth-Hitchcock Keene](#)

At the Sports Medicine Center, we understand that there is an increasing emphasis on the role of healthy lifestyles in reducing risk for many illnesses, including cancer, cardiovascular disease, and diabetes; there has been an increase in physical activity both recreationally and in organized team events. Additionally, the growth of organized youth sports contributes significantly to the large population at risk for sports related injuries.

Sports Medicine can be defined as the study of the mechanics, prevention and treatment of injuries occurring during organized and leisure recreational sports activities. At the Sports Medicine Center at Cheshire Medical Center/Dartmouth-Hitchcock Keene, our goals are to prevent and treat injuries that do occur in a timely and effective manner, enabling athletes, dancers, gymnasts, and all those who participate in strenuous physical activities to return to those activities as soon as possible.

The components of the coordinated Sports Medicine Program include education, training and conditioning, as well as "on field" and clinical management of injuries. The primary focus is on providing education, prevention and management of sports related injuries by a staff of specially trained and credentialed clinicians.

Annual 5K Information

Typically held the first Saturday in June, the annual Sports Medicine Center 5K Run/Walk is "a fun day for families to come out, get some exercise, and raise money to support our program," said Sports Medicine Manager, Tate Erickson, MS, NHLAT, ATC. "We usually see a turnout of 150-200 people of all ages." [Click here to read more and see past race day results.](#)

[Click on the image below for tips and custom training schedules to prepare for a 5K race or new walking/running program.](#)

Contact:

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How can I find out more?

- American Orthopaedic Society for Sports Medicine
- American Academy of Orthopaedic Surgeons
- American Physical Therapy Association
- National Athletic Training Association