

Come experience NO PAIN, ALL GAIN . . .

Our outpatient sports performance experts help provide the individual with the highest quality health care possible and help maintain the safety and welfare of all who participate in any level of activity or athletics.



Our comprehensive health care services include a multi-faceted approach to injury prevention, injury recognition and assessment, treatment, and reconditioning of those injured in order to help return to sports and a healthy and active lifestyle.

And get BACK IN THE GAME!

STRENGTH & CONDITIONING SERVICES

Whether you are a full-time athlete, weekend warrior, mature athlete or looking to get back in shape, the Strength & Conditioning services at Westview's Sports Medicine Center can help optimize your health and performance goals.

We are capable of providing customized performance and wellness plans to meet the specific goals and needs of each individual.



Westview's Sports Medicine gyms are equipped with the latest technology and state-of-the-art equipment to meet a multitude of therapeutic needs



Westview Health Care Center
150 Ware Road, Dayville, CT 06241
860-774-8574
www.westviewhcc.com



WESTVIEW

SPORTS

MEDICINE

ATHLETIC TRAINING SERVICES

*Keeping you at the
top of your game.*

YOUR PERFORMANCE IS OUR PRIORITY

OUR ATHLETIC TRAINERS WILL ASSIST YOU IN REACHING YOUR FULL POTENTIAL!

WE ARE WESTVIEW HEALTH CARE CENTER

Whether you are on the playing field, trying to avoid an injury, or on a path to recovery, Westview Health Care Center's outpatient sports performance experts are committed to providing cutting-edge sports medicine, athletic training, clinical care, and strength and conditioning for athletes and individuals of all ages and skill levels.



As a leader in rehabilitative care, Westview uses the latest technology and research to treat a range of conditions, including acute sports injuries; strains; sprains; muscle, tendon and ligament reconstruction; tendonitis; wrist, hand, knee, elbow and shoulder injuries; post-orthopedic surgery; chronic musculoskeletal disorders; overuse injuries, and foot and ankle dysfunction.

WESTVIEW'S CERTIFIED ATHLETIC TRAINERS

Westview's Certified Athletic Trainers are highly qualified, board certified, licensed, multi-skilled, allied health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic interventions, and injury/musculoskeletal rehabilitation.



Westview's Certified Athletic Trainers are committed to providing one-on-one, individualized care for the health and well being of athletes and individuals in a comfortable and casual atmosphere.

We are proud to contract with local public and private schools to provide immediate treatment, concussion recognition and monitoring; and testing in order to prevent and protect injuries that occur on playing surfaces during games and practices.

HOW WE CAN ASSIST YOUR NEEDS.

- Plan and implement comprehensive programs to prevent musculoskeletal injuries
- Apply protective or injury-protective devices such as tape, bandages and braces
- Provide functional movement and biomechanical assessments
- Evaluate, diagnose and triage emergent, acute, overuse and chronic musculoskeletal injuries
- Concussion recognition and management
- Immediate care, treatment, rehabilitation and reconditioning of musculoskeletal injuries
- Provide return-to-play decisions following concussion and musculoskeletal injuries
- Sport specific strength training and conditioning
- Provide medical coverage of athletic practices and competitions
- Expedite referrals to other health care professionals
- Provide athlete/parent injury, nutrition, and strength and conditioning education

FOR FURTHER INFORMATION, PLEASE CONTACT 860-774-8574

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