

Sports Medicine Clinic— Physical Therapy Department

"Who are we?"
"What do we do?"



As a group, we deal with "Athletes," "Recreationalists," and "Just Plain Folks" who have injuries, pain or who need advice regarding physical activities and conditioning.

The Sports Medicine Clinic is headed and co-ordinated by Dr. Frank Baynes, the Student Health Center physician who sees the majority of injuries including joints and muscles. These can result from athletics or everyday things, like a bad frisbee catch or falling down the stairs!

Also staffing the Sports Medicine Clinic is Jan Howell, a Certified Athletic Trainer. You may schedule an appointment directly with Jan for any of these services:

1. Instruction in general conditioning and stretching programs;
2. Rehabilitation programs for specific injuries or problem areas;
3. Advice on training programs, for running, biking, etc.;
4. Information on injury care and prevention, including taping or other support measure;

We also have available for patients use, after instruction, a Rehabilitation Room of specialized exercise equipment that the student would not have available anywhere else on campus.

The Physical Therapy Department is staffed by Nancy Cogan, Registered Physical Therapist and Dawn Antrim, Therapy Aide. Patients need a physician's referral for treatment - from either a health center or outside physician.

In treating injuries and pain, our goals are: decreasing pain and swelling if present, increasing joint motion, strength and functional use and activity. We have

We have a well-equipped department with whirlpools, hot and cold packs, ultrasound for deep heat to joints, and electrical stimulation for weakened muscles. We also instruct patients in home exercise or stretching programs. Because we work a lot with back and neck pain, we do a lot of instruction on posture improvement and exercise.

The Sports Medicine Clinic also has available for consultation, Dr. Steven Roy of the Center for Sports Medicine and Running Injuries in Eugene. He evaluates the more resistant injuries and advises our staff on treatment. To see Dr. Roy, you must be referred by a staff member (physician, trainer or therapist)

We Do More Than Just Blood Tests In Our Lab

The laboratory at the Student Health Center is licensed by the State of Oregon and staffed by two full-time and two part-time registered Medical Technologists. We do 90% of all tests ordered by the physicians in our facility, often while the patient is waiting for the results. The tests not done here are sent to Pathology Consultants and/or Sacred Heart Hospital.

Some of the most common tests we do are urinalysis; urine and blood pregnancy tests; cultures for beta strep, Staphylococci, gonorrhea, herpes, campylobacter; blood tests for syphilis, CBC, Chemistry screens, Thyroid screens, blood sugars, infectious mononucleosis; wet mounts for yeast, trichomonas and hemophilu infections.

All laboratory work must be ordered by a physician at the Student Health Center or by your own private physician. To be eligible to use the laboratory you must present your student I.D. card, your current fee card, and a written order for the lab tests from your physician. There is a fee charged for all laboratory work done. They are generally lower (usually 20%) than fees charged by comparable laboratories. The laboratory hours are:

Monday - Friday	8:00a.m. - 4:30p.m.
Saturday	8:00a.m. - 11:30a.m.

We Have Two Psychiatrists For Your Mental Health Needs

The health center offers individual psychotherapy, marital counseling, and emergency counseling to University students experiencing emotional concerns. The staff consists of two psychiatrists, who may be seen by appointment.