



Weekend Athletic Training Room

at Towson Sports Medicine



Injury Evaluation & Athletic Training Services at Our Towson/York Road Location

Towson Sports Medicine's Certified Athletic Trainers are dedicated to keeping you moving!

At our athletic training room, open by appointment on weekends, athletic trainers evaluate and address treatment for injuries from sports, running, and other physical activities. If needed, they also may refer patients to a specialist.

Athletic Training Room Overview

- *First appointment:* functional movement screen or injury evaluation and muscle imbalance assessment
- *Additional appointments:* recovery and injury prevention

Athletic Training Services

Depending on the injury, an athletic trainer may recommend any of the following:

- Theragun - a deep muscle treatment
- Therapeutic Exercise
- Instrument assisted soft tissue mobilization (IASTM) - used to treat injuries to tendons, muscles and ligaments
- Cupping therapy - special cups are placed on the skin to help reduce pain and inflammation during muscle recovery
- Foam rolling - used to relieve muscle soreness
- Manual therapy - hands-on techniques used to aid injury recovery

Athletic Training Room services are self-pay. Pricing varies by individual plan.

Please note: Services subject to change based on the evolving COVID-19 pandemic

For more information call/text 443-470-3838 with your name and contact information or email towsonsportsmedicine@gmail.com



towsonsportsmedicine.com



TOWSON SPORTS MEDICINE

TSM performs rehabilitation for all sports medicine and orthopaedic-related problems. Our comprehensive rehabilitative programs are customized for each patient, from those recovering from total joint replacement and spinal surgeries to recreational and competitive athletes. We are committed to delivering the highest level of care to all of our patients.

SERVICES

Aquatic Therapy
Athletic Training Services
Concussion Management
Educational Programs
Knee Injury Risk Reduction
Occupational Therapy/Hand Therapy
Pediatric Sports Medicine
Physical Therapy
Running Center
Self-Pay Gym & Pool
Sports Injury HOTLINE
Sports Injury Same-Day Certified Athletic Trainer Evaluation
Sports Physicals

TOWSON SPORTS MEDICINE LOCATIONS

*Day and evening appointments available at all locations.
Saturday appointments available at Bellona Avenue location only.*

Towson

Ruxton Professional Center
8322 Bellona Ave., Suite 100
Towson, MD 21204
410-337-8847

TSM Ortho & Spine
7801 York Road, Suite 140
Towson, MD 21204
410-337-4024

Bel Air

Festival at Bel Air
5 Bel Air South Parkway, Suite N-13
Bel Air, MD 21015
410-569-8587

Abingdon

Absolute Sports Performance
1305 Governor Ct., Suites G, H
Abingdon, MD 21009
410-569-8587

Cockeysville

PerformFit Sports Experience
10880 Railroad Ave.
Cockeysville, MD 21030
410-616-1455

Rosedale

Seven Square Professional Building
9110 Philadelphia Road, Suite 314
Rosedale, MD 21237
410-616-1401