

Where To Go For Care

<p> SPORTS MEDICINE</p> <p>Talk to your athletic trainer about making an appointment with your UH Team Physician at a location close to home.</p>	<ul style="list-style-type: none"> • Common sports injuries, including hip, knee, shoulder, hand, wrist and foot injuries • Sprains • Strains • Dislocations • Stress Fractures • Fractures • Exercise-induced asthma • Concussions • Nutrition • Sports Psychology
<p> PRIMARY CARE</p> <p>In-office visits for preventive health care and chronic conditions.</p> <p><i>Regular business hours</i></p>	<ul style="list-style-type: none"> • Adult/pediatric care • Annual physicals • Continuum of care • Holistic approach to care • Medication refills, shots and vaccinations • Overall wellness • Point person for your health • Prevention of illness • Routine health screenings and tests
<p> VIRTUAL VISIT</p> <p>Online or mobile consultation when your doctor is unavailable.</p> <p><i>365 days a year</i></p>	<ul style="list-style-type: none"> • Allergies, except severe reactions • Coughs, colds and sore throats • Ear infections • Fever and flu-like symptoms • Migraines • Minor rashes • Skin irritations • Sinus infections • Urinary tract infections (UTI)
<p> CONVENIENT CARE</p> <p>Convenient, walk-in care for common health issues.</p> <p><i>Walk-in care, 6 days a week</i></p>	<ul style="list-style-type: none"> • Allergies, except severe reactions • Bruises • Coughs, colds and sore throats • Ear infections • Fever and flu-like symptoms • Migraines • Minor burns and rashes • Pink eye • Skin irritations • Sinus infections • Urinary tract infections (UTI)
<p> URGENT CARE</p> <p>Same-day care for non life-threatening injuries or illnesses.</p> <p><i>Walk-in care, 7 days a week</i></p>	<ul style="list-style-type: none"> • All convenient care symptoms plus: • Bee stings and insect bites • Cuts • Poison ivy • Sports injuries • Sprains, strains and deep bruises • Suspected broken bones • Work-related injuries
<p> EMERGENCY ROOM</p> <p>Call 9-1-1 if you need immediate medical attention for a severe or life-threatening condition.</p> <p><i>Open 24/7, 365 days a year</i></p>	<ul style="list-style-type: none"> • Abdominal pain • Change in vision • Chest pain or heart attack symptoms • Difficulty breathing • Head trauma • Poisoning • Severe burns • Signs of a stroke (dizziness, weakness, loss of coordination) • Uncontrolled bleeding



SPORTS MEDICINE PLAYBOOK LAKE RIDGE ACADEMY

“University Hospitals Sports Medicine is a leader locally and nationally on the care of the athlete. Our sports medicine program has been developed to change the way we care for athletes to prevent injury and improve performance.”
– James E. Voos, MD, Head Physician, Cleveland Browns



Wherever you are,
we are. Play on, CLE.

Know Where To Go In Your Neighborhood

With UH Sports Medicine as the official health care provider for your school, you will benefit from our multifaceted sports medicine approach, direct access to our team and convenient primary care, emergency room and urgent care locations throughout our health system.

UH SPORTS MEDICINE

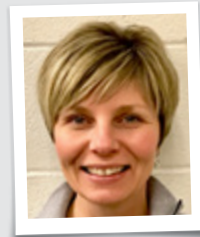
UH North Ridgeville Health Center
32800 Lorain Road
North Ridgeville, Ohio 44039

216-983-PLAY (7529)

Team Physician
Robert Flannery, MD



Athletic Trainer
Jules Hales, ATC




UH PRIMARY CARE

Amherst

UH Amherst Primary Care
590 North Leavitt Road
440-934-2650

Avon

UH Westshore Primary Care 
2535 Hale Street, Suite A
440-934-8810

UH Avon Primary Care

1997 Healthway Drive, Suite 203
440-653-8091

Avon Lake

UH Westshore Primary Care
32730 Walker Road, Building H
440-930-4955

Elyria

UH Elyria Internal Medicine
125 East Broad Street, Suite 202
440-329-7306

UH Elyria Primary Care

125 East Broad Street, Suite 209
440-329-7320


UH Ohio Medical Group

10325 Dewhurst Road
440-414-9260


UH Rainbow Elyria Pediatric Care

125 East Broad Street, Suite 302
440-323-0258


Lorain

UH Rainbow University Pediatrics of Lorain 
3600 Kolbe Road, Suite 120
440-282-7408

North Ridgeville

UH Westshore Primary Care 
32800 Lorain Road, Suite 2100
440-353-3433

Sandusky

UH Rainbow Sandusky Pediatricians 
2800 Hayes Avenue, Building B
419-626-3821

Sheffield Village

UH Sheffield Primary Care
5001 Transportation Drive, Suite 300
440-328-3420

UH Westshore Primary Care

5323 Meadow Lane Court, Suites A and B
440-934-0276

UH VIRTUAL VISIT

UHhospitals.org/VirtualVisit

24/7, 365 days a year



UH CONVENIENT CARE

UH Westshore Primary Care
5323 Hale Street, Suite A
Avon, Ohio 44011

UH Ohio Medical Group
10325 Dewhurst Road
Elyria, Ohio 44035

UH URGENT CARE

UH North Olmsted Health Center
26127 Lorain Road, Suite 100
North Olmsted, Ohio 44070

UH Westlake Health Center
960 Clague Road, Suite 1100B
Westlake, Ohio 44145

UH EMERGENCY ROOM

UH Amherst Health Center
254 Cleveland Avenue
Amherst, Ohio 44001

UH Avon Health Center
1997 Healthway Drive
Avon, Ohio 44011

UH Elyria Medical Center
630 East River Street
Elyria, Ohio 44035

UH North Ridgeville Health Center
32800 Lorain Road, Suite 1600
North Ridgeville, Ohio 44039

UH St. John Medical Center
29000 Center Ridge Road
Westlake, Ohio 44145