

Injury Screen

McLeod Sports Medicine is always looking for ways to be involved in the community. One way that this has been achieved is through athletic injury screens held throughout the year at Pee Dee region fitness centers. McLeod certified athletic trainers are working with McLeod Health & Fitness in Florence, Loris Center for Health & Fitness, and North Myrtle Beach Aquatic & Fitness Center. The certified athletic trainers are in the fitness centers 2-4 times per month providing free screenings for new and lingering injuries.



At the screenings, a certified athletic trainer evaluates the injury and clinical findings will recommend the proper course of action including home treatment, personal training, physical therapy, or physician referral when needed. Certified athletic trainers can also assist by explaining bracing and orthotic options when needed.

An exciting new service that is being offered at the athletic injury screenings is the addition of the Functional Movement Screen (FMS). FMS is a battery of tests which can assist a certified athletic trainer in analyzing client's movement pattern in many different scenarios. By analyzing movement patterns, a certified athletic trainer can determine a client's general risk for injury based on flexibility, asymmetries, and overall quality of the movement being performed. Based on the FMS findings, the certified athletic trainers can make recommendations designed to decrease risk of further injury or the likelihood of initial injury.

If you would like more information regarding the Florence Injury Screens, please contact Dave Stoklosa at [\(843\) 616-8235](tel:8436168235). For more information regarding the Horry County screens contact Brian Lowe at [\(360\) 213-3620](tel:3602133620).

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The information presented is offered only as something to consider in your quest for health and well-being. Always consult your healthcare provider before making any lifestyle changes.