

FAQ Team Physicians:

What is the philosophy of the sports medicine team?

Virginia Tech Sports Medicine strives to provide the most efficient and effective interdisciplinary care for the student-athlete to improve performance. The Athletic Trainer assigned to the sport will communicate with the team physician to provide the athlete a dynamic based protocol for recovery. All of our team physicians have been fellowship trained in sports medicine.

What comprises the sports medicine team?

The sports medicine team consists of: the team physician, the athletic trainer, the orthopedic physician, sports nutrition, and the sports psychologist. If necessary we also have a chiropractor, physical therapist, and acupuncturist on staff to provide that best atmosphere for the student-athlete to get back safely to their sport as soon as possible. We also have a team optometrist and team dentist in the event that an athlete suffers an eye or dental injury.

How many team physicians do you have on staff?

Virginia Tech Sports medicine has four team physicians on staff. We also have several primary care sports medicine fellows and two orthopedic surgeons.

What is a fellow?

A sports medicine fellow is a licensed physician that has completed medical school, followed by an internship and residency in a specialty field (i.e. Family Medicine, Internal Medicine, Physical Medicine and Rehabilitation, etc.). They are currently completing an extra year of training in the subspecialty of Sports Medicine. This means they are able to prescribe medication but are looking for some extra training in the sports medicine field.

What is a DO?

A DO is a Doctor of Osteopathic Medicine. A DO is a fully qualified physician licensed to prescribe medication and perform surgery. Just like an MD they have a four-year bachelor's degree with an emphasis on scientific courses. They also complete four-years of medical school; after which they complete graduate medical education in a specialty field through internships, residencies, and fellowships. The main difference between DO's and MD's is the medical philosophy of the DO. Instead of treating specific symptoms, osteopathic physician's concentrate on treating the student –athlete as a whole. They also focus on developing attitudes and lifestyles that prevent illness and injury. Also, many DO's incorporate osteopathic manipulative treatment into the care they provide.

What is Osteopathic Manipulative Treatment (OMT)?

OMT is hands on care. It involves using the hands to diagnose, treat, and prevent illness or injury. Using OMT, the osteopathic physician will move muscles and joints using techniques including stretching, gentle pressure, and perform spinal manipulations.

When can a student-athlete see a team physician?

Our team physicians are available during the regular school year Monday-Friday 9 am-5 pm. During the fall semester, they are available for an afternoon fall clinic. During the summer, our team physicians are available Monday-Friday. Also, our team physicians are present at competitions for: Football, Men's and Women's Basketball, Men's and Women's Soccer, Volleyball, and Lacrosse. They are also on-call during competitions for all other sports. However, if there is an emergency, the team physicians are on-call throughout the year.

How can I make an appointment?

Only an athletic trainer can make you an appointment to see our doctors. The athletic trainer works as a "gate keeper". They have been trained to evaluate and treat illness and injury. If there is an injury or illness that needs immediate attention or there is an illness or injury that the athletic has treated conventionally and is not getting better, the team athletic trainer will schedule you an appointment.

Where is the doctor's office?

Our team physicians practice out of the Merryman Center. This is on campus. Usually the athlete will have an appointment in this office. Occasionally, the athlete may need to make an appointment at Schiffert Health Center or Academic Primary Care Associates (APCA), our team physicians private practice. This is located next to Lewis Gale Hospital.

I still have more questions, who can answer them?

Talk to your athletic trainer or check out the current web links:

VCOM and Sports medicine at VCOM:

<http://www.vcom.vt.edu/> <http://www.vcom.vt.edu/sportsmed/index.html>

American Osteopathic Association:

<http://www.osteopathic.org/osteopathic-health/about-dos/what-is-a-do/Pages/default.aspx> and
<http://www.osteopathic.org/osteopathic-health/about-dos/about-osteopathic-medicine/Pages/default.aspx>

OMT:

<http://www.osteopathic.org/osteopathic-health/treatment/Pages/default.aspx>