



Champion Sports Medicine provides athletic training services for Mtn. Brook Junior High and High School Your Certified Athletic Trainers are:

Kristie Harris, ATC

Cell Phone (205)296-7554

Our services include:

- **Injury Evaluation and Management**

If a player is injured he/she should see his/her coach and the Certified Athletic Trainer (ATC). The ATC will evaluate the athlete and make appropriate recommendations to the parents and coach.

- **Easy and Rapid Access to Orthopaedic Physicians**

The athlete may be referred to a physician by the ATC for follow-up (x-rays, MRI, further evaluation). Our ATC's have strong relationships with area Physicians and can help schedule appointments for athletes

- **Professional Physical Therapy Services**

If deemed appropriate, the physician may refer the athlete to Physical Therapy for sports specific rehabilitation. Proper rehab = safer and faster return to play!

- **Sport Performance and Athletic Enhancement Programs**

Get Stronger, Get Faster, Get Better with our Professional Strength and Conditioning Specialists. We provide one-on-one training, team strength and conditioning, speed and agility camps and professional development for coaches and teachers.

Some of our locations in the Birmingham area:

St. Vincent's Hospital

939-1557

Vestavia Hills

824-4525

Trussville

655-7231

Gold's Gym @ Colonnade 280

(205) 969-2354

Gardendale (Rehab Associates)

(205) 608-3606

Bessemer @ Morgan Rd. (Rehab Associates)

(205) 481-0670

Bessemer (Physiotherapy)

(205) 428-7744

Greystone (Physiotherapy)

(205) 408-0700

Alabaster (Physiotherapy)

(205) 664-9220