

## safeguarding your future

Young athletes are often faced with injury, but together we can work to reduce risk factors and provide comprehensive rehabilitation when something unexpected occurs. At **360 Sports Medicine**, we take great pride in providing outstanding collaborative, interprofessional care that enables our star athletes to do what they love most: get back out on the field and stay there!

**Injuries come with the territory of being an athlete. Unfortunately, proper healing does not.**

## Our Locations

**San Diego**  
3665 Kearny Villa Rd., Suite 300  
San Diego, CA 92123  
*Physical therapists*

**North Coastal San Diego County**  
3605 Vista Way, Suites 172 and 201  
Oceanside, CA 92056  
*Physicians, physical therapists*

11752 El Camino Real, Suite 100  
San Diego, CA 92130  
*Physical therapists*

**North Inland San Diego County**  
625 W. Citracado Pkwy., Suites 102 and 204  
Escondido, CA 92025  
*Physicians, physical therapists*

**Riverside County**  
25170 Hancock Ave., Suite 275  
Murrieta, CA 92562  
*Physical therapists*

**Contact**  
Physician phone: 858-966-9360  
San Diego County physical therapy phone: 858-966-8100  
Riverside County physical therapy phone: 858-966-8300



**PROPER REHABILITATION IS KEY**

**360**  
sports  
medicine

A PROGRAM OF RADY CHILDREN'S HOSPITAL

09/19



**360**  
sports  
medicine

A PROGRAM OF  
**Rady Children's**  
Hospital  
San Diego

**KEEPING YOUNG ATHLETES IN THE GAME**

# 360 sports medicine

## The 360 advantage

From Little Leaguers to college champions, there's nothing we desire more than keeping young athletes in the game. We do that through our interprofessional approach, which emphasizes patient centered, collaborative case management.

**360 Sports Medicine** is the only program serving San Diego, Imperial and southern Riverside counties providing children and young adults comprehensive preventive care, injury treatment and rehabilitation. We work with athletes before injuries happen to identify risk factors and help them improve performance and train responsibly. When injuries do happen, we're with you at every step of the treatment and rehabilitation journey.

**TOGETHER WE CAN WORK TO  
REDUCE RISK FACTORS**



## meet our experts

Every athlete knows the importance of teamwork.

Our multidisciplinary experts include physicians, concussion specialists, physical therapists, nutritionists, and certified athletic trainers. Our team works closely with yours: athlete, parents, coaches, as well as primary care physicians and other specialists. When everyone is united to meet a common goal, young athletes make a safer and more rapid return to sports and other activities.

### Services

The **360 Sports Medicine** team strives to provide evidence supported preventive and rehabilitative treatment and programs to address the needs of young athletes and their families. Our state-of-the-art orthopedic and motion assessment technologies help with performance improvement addressing most spinal, extremity and neurological conditions.

## a few of the conditions we treat:

- Fractures, tears and strains
- Little League shoulder and elbow
- Joint instability and dislocation
  - Concussions
  - Back and neck pain
  - Exercise-induced asthma
- Iliotibial band, snapping hip, Iselin's and other syndromes



**360**  
sports  
medicine

Contact us

To learn more or schedule an appointment, please call our main office at (858) 966-9360.

You can also reach us by fax at (858) 966-4047 or by email at [360sports@rchsd.org](mailto:360sports@rchsd.org).

[360sportsmedicine.org](http://360sportsmedicine.org)