

Sports Medicine Clinic Information

The Steindler Orthopedic Clinic offers comprehensive sports medicine care under one roof. Drs. Durkee, Mysnyk, Langland, and Christiansen have a specialty interest and/or specialty training in the care of sports related injuries. In addition, there is on-site physical therapy with access to specialty trained physical therapists and athletic trainers. We have experience in providing care to all levels of athletes including recreational, high school, collegiate, and professional. We will do our best to see injured athletes acutely in order to get you back in the game as soon as safely possible. We also work closely with physical therapists and athletic trainers from all over Southeast Iowa who can assist in the recovery and rehabilitation process. We deal with all forms of sports injuries from simple sprains to complex ligamentous injuries. Please call us at 319-338-3606 to schedule an appointment in the sports clinic so we can start your road to recovery.

The SOC and Progressive Rehabilitation also run a free Saturday morning high school sports injury clinic during the Fall football season. This runs from the season opener through the last regular season game. We ask that injured high school athletes come to Progressive Rehabilitation at 8:00 AM. Clinical evaluations are performed by certified athletic trainers, physical therapists, and a physician if needed. These evaluations are free of charge except for supplies and x-rays. The free sports clinic is located at Progressive Rehab next to the SOC. For more information please call 319-354-5114.

For information on sports injuries, please look at our Patient Education page or review the following information available from the American Orthopaedic Society for Sports Medicine (AOSSM). In addition, the AOSSM has a quarterly newsletter, In Motion, for those who seek active lifestyles.

Sports Tips

Sports Tips are designed to help patients learn about the prevention, treatment and rehabilitation of common sports injuries and conditions.

- ACL Tear Prevention
- The Injured ACL
- AC Joint Injuries
- Ankle Sprains: How To Speed Your Recovery
- Articular Cartilage Injury
- Exercising for Bone Health
- Lower Back Pain in Athletes
- Meniscal Tears in Athletes
- Overuse Injuries
- Patellofemoral Pain
- Plantar Fasciitis
- Traumatic Shoulder Dislocation
- Return to Play

- Shoulder Impingement
- Stress Fractures
- Tennis Elbow
- How to Begin a Weight Training Program.
- Golf Injuries
- Running and Jogging Injuries
- Helmet Use in Snow Sports
- Alpine Skiing and Snowboarding Injuries
- Off Road Motorcycling and ATV Safety
- Youth Baseball and Softball Injuries Handbook