

Other subspecialties of internal medicine

This spotlight on sports medicine is similar to the focus on other internal medicine subspecialties concerned with specific organ systems, conditions, diseases, or age groups. The sports medicine specialist deals with many things, taking care of athletes of high school and college age, as well as masters level competitors and older people who wish to be active and fit.

Other internal medicine subspecialties include gastroenterology (digestive tract), cardiology (heart), pulmonology (lungs), endocrinology (diabetes and other glandular disorders), nephrology (kidneys), hematology (blood), hepatology (liver), oncology (cancer), infectious diseases, allergy and immunology, rheumatology (arthritis), geriatrics, and adolescent medicine.



Clearing up some confusion

We doctors of internal medicine are also known as “internists.”

This should not be confused with “interns,” who are doctors in their first year of training after medical school.

Nor are we the same as “general practitioners” (GPs), or “family physicians” (FPs), whose practices may include surgery, obstetrics and pediatrics, and whose training is not solely concentrated on adults.

A public education publication from the
American College of Physicians —
American Society of Internal Medicine
(ACP-ASIM)*
representing

115,000 doctors of internal medicine and medical students.

190 N. Independence Mall West
Philadelphia, PA 19106-1572
Telephone toll-free 800 523 1546, ext. 2600
www.doctorsforadults.com

*With support from the American Board of Internal Medicine Foundation. 700101200

S P O R T S M E D I C I N E
INTERNAL MEDICINE
DOCTORS FOR ADULTS™

Your Internist is a Sports Medicine Specialist



We specialize in athletes and all active people

Sports medicine involves the care of the participant as opposed to the care of the spectator. The sports medicine physician focuses on the evaluation and non-surgical care of athletes and other active people. To prepare for this subspecialty, we complete seven or more years of medical school and postgraduate training to attain Board Certification in Internal Medicine. We then spend at least another year taking care of athletes and studying the basic sports medicine sciences, before taking the examination for the Certificate of Added Qualifications in Sports Medicine (C.A.Q.).

What we do

We are concerned with all problems — injury and illness alike — related to athletics and physical fitness. We are keenly aware of when to refer patients to a surgical specialist or prescribe treatments, such as physical therapy. We are especially competent to care for people with medical problems (for example, asthma, diabetes, arthritis, osteoporosis, overweight) who wish to begin an exercise program, improve their fitness, and reduce risks to their health.

We may care for sports teams, as well as individuals, and we are ready to evaluate and advise patients about nutrition for growth and development and for improving performance.

Above all, we believe “exercise is medicine” and promote lifelong fitness and wellness, encouraging prevention of illness and injury.

How to reach us

Your regular physician may refer you to one of us sports medicine specialists for a particular problem. In some cases, your coach or athletic trainer — or another patient or family member — might recommend you consult us.

It's a 'Team Effort'

After consultation with the referring internist, we help manage your care, relying on other medical and surgical specialists, as well as skilled health professionals — athletic trainers, physical therapists, nutritionists, psychologists — to come up with the right program for you.

