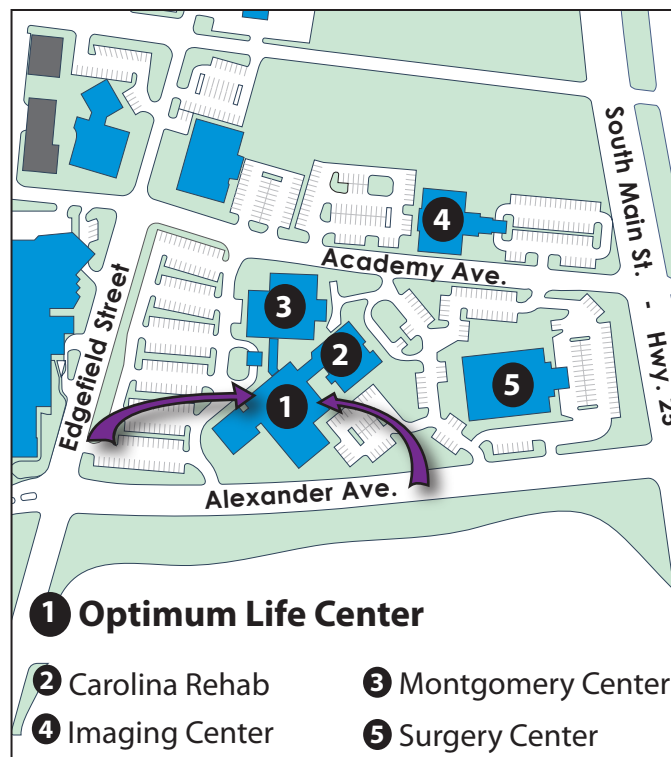


About the Sports Medicine Center

The physicians and staff of the Sports Medicine Center provide specialized care directed to the active and athletic population. Individuals who desire physical activity choose from many options. These include organized sports that are professional, school-based and recreational.



Reasons for pursuing such activities may be for health and fitness promotion, weight loss, relaxation, improving existing chronic disease, fun, desire to enhance personal ability, scholarships, school promotion or even livelihood in the case of professional sports. Each of these has potential for injuries that may be sudden and severe or nagging and of slow onset. Others may have conditions or prior injuries that need to be identified or treated. The Sports Medicine Center at Self Regional Healthcare provides quality care to assist in the identification and treatment of such conditions so you can exercise or perform at your best in whatever your desired sport may be.



Directions and Map

The Sports Medicine Center at Self Regional Healthcare is located on the second floor of the Optimum Life Center. Hours of operation are from 1:30 p.m. - 5 p.m., Monday through Friday. Specialized procedures and imaging may be performed next door at the Montgomery Center for Family Medicine.

Sports Medicine Center
Self Regional Healthcare
115 Academy Avenue
Greenwood, S.C. 29646
(864) 725-4865

SPORTS MEDICINE CENTER

I am here to keep you in the game.



I am Self.

Sports rehabilitation services of

SELF REGIONAL
HEALTHCARE

Sports Medicine Specialists

Our sports medicine providers are physicians and therapists who have advanced training in the needs of athletes. Athletes have unique injuries related to sports activity, and sports medicine is a field that focuses on the treatment of these injuries.

Our physicians specialize in primary care sports medicine and treat non-surgical medical, musculoskeletal and performance issues in sports medicine and orthopedic sports medicine. Primary focus is on the musculoskeletal and surgical needs of athletes. Our therapists have training in the detection and treatment of musculoskeletal, psychological and other sports related conditions. All patients are seen by a sports medicine trained attending physician.

Available Services

Following are some of the sports medicine services available:

- Evaluation of injured athletes
- Reduction and surgical treatment of fractures
- X-ray, CT, MRI and other advanced imaging
- Performance testing including stress testing
- Casting and splinting, bracing, injection therapy
- Gait analysis and biomechanics
- Surgical treatment of soft tissue injuries
- Rehabilitation of injuries and surgery by specialized therapists
- Management and testing of athletes with head injuries
- Sports psychology



You're the MVP on the Team

You desire to be fit and active and at the top of your game. We can help you with that process, along with your commitment to improvement and rehabilitation for maximized outcomes. We will help you find issues that keep you from performing your best and treat them with the needed care. You must do the rest as a member of the team to achieve maximum and pain-free performance.

Sports Medicine Fellowship

The Sports Medicine Center at Self Regional Healthcare is the home of the Primary Care Sports Medicine Fellowship of the Montgomery Center for Family Medicine. This is a sub-specialty training program for physicians who desire advanced training in the care of athletes.

In addition to being a training program, we provide team physician services to two area colleges, four high schools and event coverage for many regional competitive athletic events, including the South Carolina Half Ironman Triathlon. Our fellows graduate as specialists in primary care sports medicine.

About the Center Staff

Dave Sealy, M.D.

Dr. Sealy is the director of the Primary Care Sports Medicine Fellowship and the Sports Medicine Center at Self Regional Healthcare. He has more than 25 years experience as a team physician and treating athletes. He is a clinical professor through The Medical University of South Carolina, and is board certified in primary care sports medicine (CAQSM). Dr. Sealy has presented regionally and nationally on many sports medicine-related issues and has conducted original research related to sports medicine. He also is active in many sports, including triathlon, all-endurance sports and snow skiing.

John Cathcart, M.D.

Dr. Cathcart is board certified in orthopedics (ABOS) and has advanced training in orthopedic sports medicine through the Hughston Clinic, Columbus, Ga. He has cared for the needs of athletes locally for more than a decade, having operated on athletes from Greenwood and Lakelands high schools and colleges. He attended college at The Citadel, had his medical training at The Medical University of South Carolina and completed orthopedic training in Atlanta at the Georgia Baptist Medical Center. He is an avid tennis player and enjoys endurance sports.

Lee Patterson, M.D.

Dr. Patterson grew up in Abbeville County and later attended Clemson University. He finished medical school at the University of South Carolina and completed his residency in orthopedic surgery at the Atlanta Medical Center. He served as team physician for schools in the Atlanta area. He has a special interest in orthopedic sports medicine, having been a multi-sport athlete at Dixie High School in Due West, S.C.