
Frequently Asked Questions

If I sustain an injury during an athletic event over the weekend, what should I do?

If you feel the injury is serious, you should proceed to the Washington Health System Emergency Department located at 155 Wilson Ave., Washington, PA. If the injury is non-emergent, most injuries can benefit from R.I.C.E. (Rest, Ice, Compression and Elevation) Additionally, it is important that you get the injured area evaluated by a properly trained sports medicine physician as soon as possible. Washington Health System has a team of experienced, highly trained sports medicine physicians and therapists to efficiently diagnose and treat your injury, getting you back into the game quickly and safely. For assistance in scheduling an appointment with one of our sports medicine physicians, contact Matt Guarino, Sports Medicine Program Coordinator at (724) 250-5212.

My child has been participating in athletics with nagging knee pain. It is not severe or very limiting. Is it safe for my child to play through the pain, will he just grow out of it?

Sometimes young athletes can experience “growing pains.” However, it is important that whenever your child is experiencing pain with activity they are evaluated by a properly trained sports medicine physician. An experienced sports medicine physician, in conjunction with properly trained physical therapists, can make alterations to your child’s athletic technique, form, equipment or footwear that will give you child pain relief while enhancing their sports performance and decreasing their risk of further injury. For assistance in scheduling an appointment with one of our experienced sports medicine physicians, contact Matt Guarino, Sports Medicine Program Coordinator at (724) 250-5212 or to make an appointment with one of our specialized physical therapists call (724) 250-6280.

I have been an active individual my entire life and this is the first time I have experienced an injury resulting from physical activity. Where do I start in my search for the right physician to care for me?

At Washington Health System, you will find a team of highly trained sports medicine professionals including physicians, physical therapists, athletic trainers, nutritionists, exercise physiologists, and massage therapists. Our experienced staff will be able to provide comprehensive care to address your needs and return you safely and quickly to your previous activity level. By calling (724) 250-5212 you will be able to speak with the Sports Medicine Program Coordinator who will help answer your questions and guide you to the proper physician to get you started on your path to recovery.

How do I know my child is as prepared as possible to participate in competitive athletics?

Participation in youth athletics has exploded and ensuring the safe participation of all young athletes is essential. As a parent, it is important that you identify the right team of sports medicine professionals to care for your child along the entire spectrum of athlete healthcare. At the Wilfred R. Cameron Wellness Center in Washington, PA we offer several programs that will help your athlete prevent injuries while optimizing their athletic performance. Our certified athletic trainers, exercise physiologists, licensed physical therapists and physicians conduct injury prevention programs, personal training and conditioning programs to ensure your child is prepared to meet the demands of their sports. Washington Health System Sports Medicine is also dedicated to community education and offers several seminars throughout the year. For more information, contact Matt Guarino, Sports Medicine Program Coordinator at (724) 250-5212.