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### 11/20/1990 - Clinic Benefits Area Athletes

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EASTERN ILLINOIS UNIVERSITY  
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# news

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FOR IMMEDIATE RELEASE:

CLINIC BENEFITS AREA ATHLETES

CHARLESTON, IL.--Local and area student and adult athletes are benefiting from a cooperative sports medicine program between Eastern Illinois University and Sarah Bush Lincoln Health Center.

EIU and SBLHC have established a Sports Medicine Clinic in Charleston that provides treatment to individuals with sports-related injuries, who have been referred by a physician.

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The clinic is directed by EIU Associate Professor of Physical Education and Physical Therapist/Athletic Trainer Dennis Aten of Charleston and staffed by a physical therapy assistant, physical therapy aide and athletic trainer from SBLHC.

It is an arm of SBLHC's Physical Medicine Department that also fulfills the EIU College of Health, Physical Education and Recreation's continuing commitment to provide community outreach sports medicine services.

"What EIU and SBLHC have done is unified their programs and resources into one effort to provide the utmost expertise in the area of sports medicine. It is a 'mutual care' relationship," Aten said.

Located in the Champion Federal Bank building on University Drive, the clinic is equipped to rehabilitate the athlete for safe return to his or her sport. "The most common injuries we treat are to shoulders, knees, ankles and backs," Aten said.

"While our services are intended for the athlete, anyone referred by a physician can come to us. Our patients range in age from 8 to 80 and all have different lifestyles and unique medical needs," he added.

In addition to serving as an important resource center for the public, the clinic supports Eastern's athletic training curriculum by providing a site for students to complete their required practicums.

"Students, under the direction of professionals, participate in all aspects of rehabilitating injured athletes, from treatment to follow-up. More than 50 percent of the sports medicine-related jobs available today are in clinical settings, so it is important our students get the training they need," Aten said.

As an extension of on-site services, clinic personnel visit area schools on a regular basis to offer advice to injured athletes about treatment and prevention of sports injuries.

A free sports medicine clinic is also offered every Monday evening at SBLHC beginning at 5:30 p.m.

Aten said plans are under way to expand the sports medicine facility to include more space for equipment and patient care. "This expansion will allow us to provide enhanced services to our patients."

The clinic is open from 7 a.m. to 6 p.m. Monday through Friday. For additional information, call the clinic office at 345-3943.