

Keeping Young Athletes in the Game



As a program of Rady Children's Hospital San Diego, 360 Sports Medicine aims to serve youth athletes in our region to provide "360 degrees" of care – from preventing and treating injuries to helping improve the performance of young athletes.

Wide-ranging, state-of-the-art care is provided by a multidisciplinary team including orthopedic surgeons, sports medicine specialists, concussion specialists, physical therapists, nutritionists, and certified athletic trainers. This team works closely with young athletes' primary care physician, other specialists, parents, and coaches to help them make a safe and rapid return to sports and activities.

360 Sports Medicine offers a full spectrum of services, including:

- A dedicated number, **(877) 885-1246**, monitored 24/7, for supporting athletes at each entry point into the 360 system including emergency services, urgent care needs and appointments with our sports medicine specialists
- Same-day and next-day appointments
- Orthopedic assessments and treatment
- Sports physical therapy
- Sports Injury Prevention Program
- Nutrition counseling
- Concussion assessment and treatment

SATURDAY FOOTBALL INJURY EVALUATION

Appointment slots subject to availability.
Sports Medicine Line **MUST** be called prior
to 9:00 a.m. Saturday morning. *(Lines open 24/7)*

Saturday 10:00 a.m. to 12 p.m.

(877) 885-1246

The 360 team is uniquely qualified to understand the needs of young athletes of all ages. Pediatric Sports Medicine is appropriate for athletes competing for the first time in a youth league, all the way until bone growth stops at some point, during collegiate athletics. **To date, the 360 team is the only group of physicians in San Diego County, board certified in sports medicine with pediatric orthopedic fellowship training.**

We value connections with our local youth sports leagues, CIF competing schools, and collegiate athletes. We work with physical therapists throughout the region to provide conveniently located physical therapy services. The 360 team provides the best sports medical care possible in order to return athletes to play as soon as possible. Simultaneously, knowledge of state concussion protocol laws, unique pediatric conditions, and the best medical interest for a growing young athlete is of the utmost importance.

360 Sports Medicine Line: (877) 885-1246



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360 Sports Medicine Locations

7910 Frost Street, Ste. 190
San Diego, CA 92123

3030 Children's Way, 3rd Floor
San Diego, CA 92123

625 W. Citracado Parkway, Ste. 204
Escondido, CA 92025

3605 Vista Way, Ste. 172
Oceanside, CA 92056

Rady Children's Physical Therapy Locations*

3665 Kearny Villa Road, Suite 300
San Diego, CA 92123

625 W. Citracado Parkway, Ste. 102
Escondido, CA 92025

3605 Vista Way, Ste. 201
Oceanside, CA 92056

11752 El Camino Real, Ste. 100
San Diego, CA 92130

Murrieta
25170 Hancock Ave, Ste. 275
Murrieta, CA 92562

**We work with physical therapists throughout the region to provide conveniently located physical therapy services.*

Rady Children's Urgent Care Locations

(X-rays available at University location only.)

625 W. Citracado Parkway, Ste. 100
Escondido, CA 92025

5565 Grossmont Center Dr., Bldg. 2, Ste. 2
La Mesa, CA 91942

4305 University Ave., Ste. 150
San Diego, CA 92105

3605 Vista Way, Ste. 172
Oceanside, CA 92056

Urgent Care Hours:

Monday - Friday: 4 p.m. - 10 p.m.

Saturday - Sunday: 1 p.m. - 10 p.m.

Holidays: 4 p.m. - 10 p.m.

**NOW
OPEN!**

ORTHOPEDIC AFTER-HOURS CLINIC

Rady Children's Medical Office Building, 3rd Floor

3030 Children's Way, San Diego 92123

Monday - Friday 1:30 p.m. to 9 p.m.

New Injuries Only • Walk-Ins Welcome • No Appointment Necessary

SPORTS MEDICINE LINE (877) 885-1246

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