Full Range of Diagnostic and Treatment Services

- Orthopedics,Physiatry, Podiatry and Sports Medicine
- Orthopedics and Sports Physical Therapy Rehab
- Pilates-based Physical Therapy
- Individualized Dancemedicine/ Pilates Programs and Packages
- Advanced Imaging
- Platelet-Rich Plasma Therapy
- Concussion Assessment and Treatment

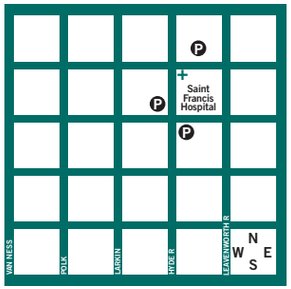
Getting You Back to Your Best

The Center for Sports Medicine offers patients an integrated, multi-disciplinary team of medical experts under one roof.

Our goal is to return you to your highest functional level quickly, safely and cost-effectively.

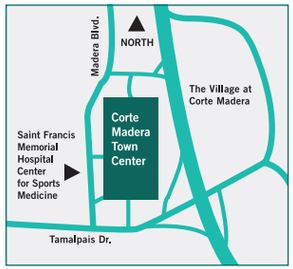
James G. Garrick M.D. Center for Sports Medicine Locations/Parking

We offer three convenient locations:



Saint Francis Memorial Hospital
900 Hyde Street
11th Floor
San Francisco, CA 94109

Alpine Square
1777 Botelho Drive
Suite 110
Walnut Creek, CA 94596



Corte Madera Town Center
770 Tamalpais Drive
Suite 206
Corte Madera, CA 94925

Dignity Health
Saint Francis Memorial Hospital

Dignity Health
Saint Francis Memorial Hospital

Center for Sports Medicine

Our Center of Excellence Offers a Full Range of Diagnostic and Treatment Services

San Francisco	(415) 353-6400
Walnut Creek	(925) 934-3536
Corte Madera	(415) 927-1900

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Who We Are

The Center for Sports Medicine has been promoting good health and furthering the dreams of professional and non-professional athletes, performers and active adults since 1979.

From skiers, hikers, marathon runners, to swimmers and ballet dancers, we strive to help our patients be as active as they wish.

Our Sports Medicine Team Includes:

Orthopedic Surgeons

Our orthopedic surgeons are skilled in both surgical and non-surgical treatments. They offer a full range of arthroscopic procedures and joint reconstructions, as well as conventional and minimally invasive joint replacement surgeries.

Sports Medicine Physicians

Our primary care sports medicine physicians are among the most experienced in the Bay Area. They examine, evaluate and treat the vast majority of sports injuries with outstanding success.

Podiatrists

Our podiatric physicians evaluate foot and ankle problems in patients of all ages, and provide both surgical and non-surgical treatments, including customized orthotics.

Physiatrists

Our board-certified rehabilitation specialists use diagnostic techniques such as Electromyography (EMG) and nerve conduction studies to diagnose and provide expertise on rehabilitation regimens, as well as procedures such as spinal injections and nerve blocks.

Physical Therapists

Our expert physical therapists provide a variety of targeted exercises and manual therapy techniques.

Treatment includes:

- Post-injury and post-surgery rehabilitation
- Sports specific programs
- Closed-chain functional progression
- Active release techniques
- Specialized spine care
- Pilates-certified physical therapists
- McConnell, Low Dye and other specialized taping

Dancemedicine Specialists

Since 1979, Dancemedicine has been adapting Pilates techniques and successfully applying them to rehabilitation.

- A unique core program to tone, balance, condition and align the body
- Combined Pilates apparatus and mat exercises

Our center also provides:

- Digital X-ray Technology
- Concussion Testing and Assessments
- Platelet-Rich Plasma Therapy
- Sports Psychology and Nutritional Counseling

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