

## When Surgery is Necessary

If at all possible, the professionals at the Human Motion Institute prefer a non-surgical approach to treatment through our specialized sports therapy and rehabilitation. When every other treatment option has been exhausted, however, and surgery is the right solution for your sports injury, the Arnot Health Human Motion Institute will put you in the hands of skilled surgeons who have experience and expertise in the operating room. Board certified and driven by a uniform goal of getting you back at the top of your game in the shortest possible time, you couldn't be in better hands.

### Directions

#### Horseheads, NY

##### ***From the East:***

Travel on Interstate 86 (Route 17) to exit 51 A, Colonial Drive exit. Take a right hand turn at the light. Proceed .4 miles and take a left onto John Roemmelt Drive.

##### ***From the West:***

Travel on Interstate 86 (Route 17) to exit 51. Take a left hand turn at stop light, toward Arnot Mall. At the third light take a right onto Arnot Road. At the end of Arnot Road take a right onto Colonial Drive. Proceed .7 miles, through one light, and take a left onto John Roemmelt Drive.

#### Elmira, NY

From Interstate I-86 (Route 17) East or West, take Elmira exit 56 onto Church Street. Continue on Church Street through the city of Elmira, approximately 3 miles. Signs to the Arnot Ogden Medical Center will be visible. At Church Street and Walnut Street Intersection/traffic light, take a right turn onto Walnut Street. Continue on Walnut Street to Ivy Street, take a left turn on Petrie Lane, one block past Ivy Street, to access the parking lot for Physical Therapy in the back of the Ivy II Medical Office Building.

### ArnotHealth

Human Motion Institute  
600 Roe Avenue  
Elmira, NY 14905  
607-737-4499

[www.arnothealth.org](http://www.arnothealth.org)



## Sports Medicine



At the Arnot Health Human Motion Institute, we treat all athletes with the same high quality level of care. Whether injured in the backyard or the big game, whatever your injury, you can be assured of receiving the most cutting-edge, comprehensive care available. Our program is designed to meet your individual needs and goals with a full range of resources geared toward treating the injured athlete.

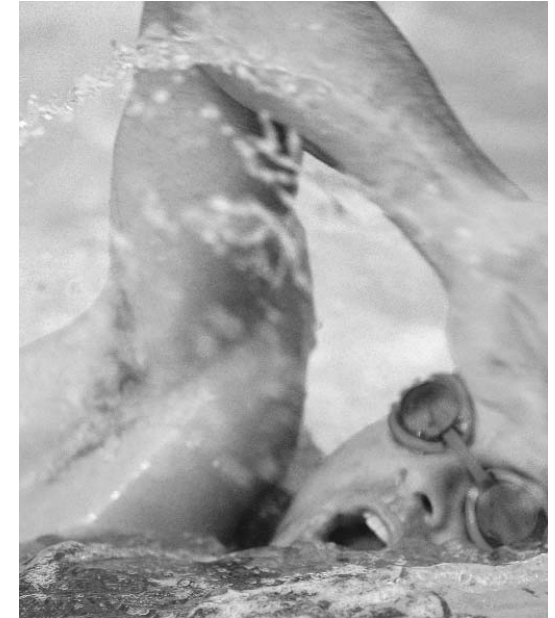
### Diagnosis is the First Step

The key to successful recovery is the skilled, hands-on evaluation and appropriate diagnostic testing to correctly identify your sports-related injury. The Human Motion Institute provides a full range of diagnostic services including X-ray, MRI, CT scan, and ultrasound, coupled with physicians skilled in properly diagnosing sport-related injuries so that we can develop the most effective overall plan of care for your specific injury.

### Sports Therapy and Rehabilitation

Following diagnosis, every athlete's personalized plan of treatment will be carried out by our staff of skilled Physical and Rehabilitation Therapists, Orthopedic Surgeons and medical professionals. Our staff goes beyond the standard interventions to offer sport-specific, functional rehabilitation, neuromuscular re-education, plyometrics, and manual therapy techniques such as joint mobilization, soft tissue mobilization, and myofascial release, as well as traditional strengthening and conditioning to encourage rapid and full recovery and restore and improve athletic function.

Arnot Health Human Motion Institute has an ideal setup for treating injured athletes with diagnosis from a sprained ankle to a fractured back, with convenient facilities in Horseheads and Elmira. Both locations are equipped with multi-functional therapy pools and state of the art rehabilitation equipment including a plyometrics rebounder, total gym, plyometrics sled, McKenzie Repex Spine Treatment Table, along with traditional strengthening tools.



The Human Motion Institute has the area's first STS Dynatro electrical stimulator; in addition to traditional therapies like ultrasound and traction; all the tools necessary for a full recovery.

Each location employs certified Athletic Trainers and McKenzie-certified Therapists, offering care that is at the forefront of rehabilitation and preventative medicine. The Human Motion Institute provides progressive, personalized medical and surgical treatment, and custom brace and support fitting.