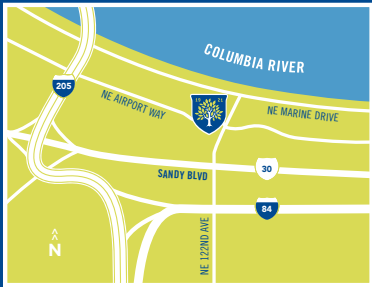
**THE PORTLAND CLINIC - TIGARD**

9250 SW HALL BOULEVARD | TIGARD, OR 97223
PHONE | 503-293-0161

TIGARD SPORTS MEDICINE SPECIALISTS

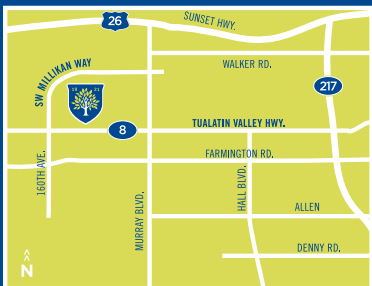
JONATHAN CRIST, MD MICHAEL HWANG, MD
ROBERT SANDMEIER, MD WALTER SMITH, MD
MICHAEL CUNNINGHAM, PA-C LIZ SIZE, M. ED., ATC

**THE PORTLAND CLINIC - COLUMBIA**

5847 NE 122ND AVENUE | PORTLAND, OR 97230
PHONE | 503-256-3401

COLUMBIA SPORTS MEDICINE SPECIALIST

RALPH YATES, DO

**THE PORTLAND CLINIC - BEAVERTON**

15950 SW MILLIKAN WAY | BEAVERTON, OR 97006
PHONE | 503-646-0161

BEAVERTON SPORTS MEDICINE SPECIALIST

JONATHAN CRIST, MD (TUESDAYS)

To make an appointment with our Sports Medicine and Injury Clinic, call 503-293-0161 x 4036. For after-hours and weekend needs, please visit our Urgent Care at Tigard Medical Office, open 8am to 8pm Monday thru Friday, 9am to 5pm Saturday.

APPOINTMENTS & QUESTIONS
503-293-0161 x 4036

Sports Medicine and Injury Clinic

*A comprehensive program
designed to meet the unique needs
of Oregon's athletic community.*



THE
Portland
Clinic.[®]
We specialize in you.



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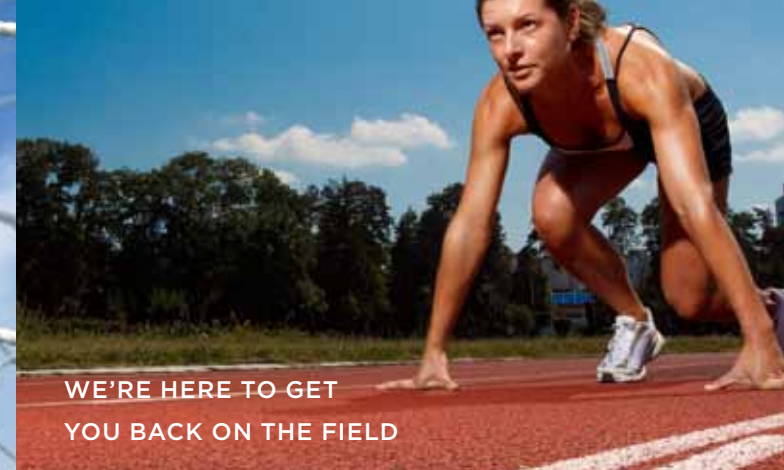


We know that athletic injuries come with a host of unique questions and issues. You want to know if your injury or medical condition will put you on the sidelines. You need to plan your training and everyone needs to know when you will be able to compete. This requires more than just an x-ray and some bandages—you need quick access to a complete medical team that truly understands today's athlete.

Here at The Portland Clinic, we understand that athletic healthcare is about more than just being patched up. We start a full and comprehensive healing process from the moment you walk through our door.



A TEAM DEDICATED TO
KEEPING YOU ACTIVE



WE'RE HERE TO GET
YOU BACK ON THE FIELD

Our sports medicine doctors serve as team physicians for several area sports teams and schools, including the Portland Winterhawks, Lewis and Clark College, and University of Portland. Our community outreach program works with the local sports community by assisting with pre-participation physicals, injury evaluations, event coverage and educational programs for athletes, parents and coaches.

We are committed to staying on the leading edge of sports medicine and our team is dedicated to finding the best possible solution to keep you active. We utilize the latest technology and research to speed your recovery, help you reach your personal best and maximize your performance. Our Sports Concussion Program includes comprehensive evaluations and ImPACT™ testing to ensure for a safe return to play.

COMPREHENSIVE

Our team of providers includes orthopedic surgeons, sports medicine specialists, physician assistants, certified athletic trainers, physical therapists and nutritionists who specialize in injury recovery and performance enhancement.

SPECIALIZED

We make sure that your specific needs as an athlete are being met. We can perform x-rays, ultrasound, MRIs, physical therapy and surgery at our specialty location in Tigard. With your permission, our doctors will speak directly with your coaches and athletic trainers regarding your medical condition and help plan your return to athletic activity.

FAST

We provide quick access to medical attention at every level of treatment. On your first visit, you will be seen by a Sports Medicine team member so that you can get real answers to your immediate medical questions.

