



Dr. Steve Martinow
Achieve Movement Health Clinic
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SDMHA and NMHA 2022-2023 Concussion and Injury Care Provider and Sponsor

Dr. Steve Martinow Chiropractor

Dr. Steve Martinow is available to working with you and your athletes this season providing concussion education, baseline assessments and treatment. He grew up playing hockey for the Simcoe rep teams and am grateful for the chance to give back to this organization. Very excited to be working with you all. Below is a list of services I provide to patients and athletes:

- Chiropractic Care
- Advanced Concussion Management
- Cognitive Concussion Testing (Baseline and Post-Injury)
- Exercise Prescription/Rehab
- Sports Injury Rehab
- Manual Therapy
- Soft Tissue Therapy
- Medical Acupuncture
- Athletic Movement Assessment
- Functional Range Conditioning mobility specialist

Baseline Testing

Baseline testing will be offered in clinic and by email. Dr. Martinow is extending the discounted price of \$20 for Baseline Concussion Testing, (mandatory for all Norfolk Knights players) to all SDMHA Players. Just email achievemovementdrs@gmail.com with player and team information and provide a \$20 eTransfer to the same email.

Post Injury

If a player sustains a suspected concussion, they are able to book an appointment with Dr. Martinow, in various ways. One option is to go online at www.achievemovement.ca and click book appointment. Follow the prompts and choose **Head and Neck Speciality Assessment**. Once notified of a player's potential concussion/injury an additional test will be sent out for the athlete to complete.

If a player sustains another type of sports injury they are able to book through the same means and choose **Assessment** when booking online. Another option is to call or text the clinic at **(519)909-3475** or email achievementdrs@gmail.com. SDMHA and NMHA Players requiring care will be booked in within 48hrs

If any coaches and/or parents wish to learn more about concussions, and/or best practices to assist the athlete in their recovery, Dr. Martinow can provide free group, in person information sessions. If you have any questions, please reach out to him at the above contact info