

# Don't Just Live Your Life, Fulfill Your Life

Sports Medicine Specialist R. Graham Reedy, M.D.

**We** all know how the saying goes: an ounce of prevention is worth a pound of cure. But sometimes we don't realize how true those words are until an accident happens. For sports medicine specialist R. Graham Reedy, M.D. and his team, addressing the aftermath of an injury and cultivating a lifestyle of preventative care go hand-in-hand.

"The first time a patient visits our office is generally because of a sports-related injury," Dr. Reedy says. "However, we don't simply look at an injury as an isolated event. We each address the biomechanics of the injury, or what may have caused the injury, and work with our patients to create a positive and aggressive approach for overall health."

As a former NFL team physician for the Oakland Raiders in the 1970s with over 40 years of experience in sports medicine, Dr. Reedy understands the critical importance of healing and prevention. "An injury gives us the opportunity to learn how the body works," Dr. Reedy says. "As we go through the process of rehabilitation, we can discover the ability to not only recover our previous level of fitness, but also to exceed it. The injury itself becomes the first step toward developing a healthier — and happier — outlook on life."

### Encouraging Vitality with Preventive Care

From metabolic syndrome screening and advanced lipid testing to arterial ultrasound, bone density testing and digital x-rays, Dr. Reedy and his team provide patients with a full complement of tools to improve health and wellness.

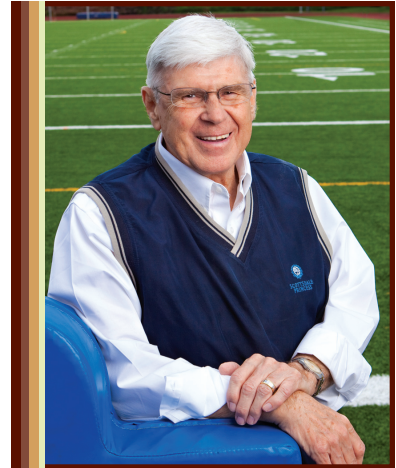
"We use a wide range of technologies to give our patients the support they need to make positive lifestyle changes," Dr. Reedy says. "What's more, we've been a leader in electronic medical records since 1996. When our patients leave the office, we are able to give them a complete report of their visit."

"We also work with a large network of consultants and physical therapists throughout the region, each of whom supports our philosophy of seeing good health as an opportunity every day, and by keeping such detailed electronic records, we have the ability to immediately share vital patient information."

### Reaching Out to Save Lives

Beyond his work as a Fellow in both the American College of Sports Medicine and the American Academy of Family Physicians, Dr. Reedy is also actively involved in national and local leadership of Young Life, a non-denominational organization that helps kids reach their full potential and realize their goals by pairing them with active, caring adult mentors.

"We are a part of the community," Dr. Reedy says. "We believe in reaching out to make our community a better place for everyone."



R. Graham Reedy, M.D.

In fact, as a community volunteer, Dr. Reedy helped raise \$95,000 for the purchase of school automatic defibrillators. As a result, when a high school football player's father experienced a cardiac event on the field last year, an onsite automatic defibrillator was immediately able to help save his life.

"We celebrate the opportunity of life," Dr. Reedy says. "Life is about 'get to,' not 'got to' and we never lose sight of the fact that the result of the game is not as important as the process of playing the game."

To learn more about Dr. Reedy and his team, visit the website at [www.SportsActivityMD.com](http://www.SportsActivityMD.com).

**SPORTS**  **activity**  
MEDICINE FROM PREVENTION TO WELLNESS