



INTERNATIONAL CENTER FOR  
PERFORMANCE & HEALTH

*innovation acceleration elevation*

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## MEDICAL SERVICES

### What is the role of Medical Services?

The role of Medical Services in the performance-health balance equation is to review your medical history, assess current medical concerns and provide a general physical which is essential before starting any performance-health plan. The ICPH medical partners are capable of prescribing a medically supported exercise plan based on what is appropriate for you and your goals, as well as treat a variety of medical complaints covered under the disciplines of Family and Sports Medicine.

### Who can benefit from Medical Services?

People who are planning to begin a physical activity program, seeking to assess and improve their current health status, or those who are currently participating in physical activities can benefit from the ICPH medical services. Some examples of the Medical Services offered through ICPH include:

- Comprehensive medical history and physical assessment
- Musculo-skeletal examination
- Pre-participation health screenings
- Current illness or injury examination
- Vital signs assessment
- Age & Gender Specific Preventative Health Guidelines
- Resting EKG
- Exercise Stress Testing
- Pulmonary Exercise Challenges
- Blood tests
  - Fasting glucose
  - Blood lipid profile
  - CBC (Complete Blood Count)
  - Basic or Comprehensive Metabolic Panel
  - TSH (Thyroid Stimulating Hormone)
- Any Family or Sports Medicine related complaint

### What are some of the benefits of the ICPH Medical Services?

- Decreased risk of injury and illness
- Improved health
- Improved performance
- Disease prevention
- Education on health-related issues and concerns
- Treatment of any Family or Sports Medicine complaint

*The ICPH Medical Partners can work directly with you to improve your performance-health balance.*



**Medical Services: Family & Sports Medicine**  
**Tod Sweeney, M.D.** and **Marge Goodyear, P.A.-C.** are medical practitioners who have also excelled as athletes. With over 20 years combined experience practicing medicine, Goodyear and Sweeney can treat a variety of medical complaints to improve your health in order for you to perform at your best.

#### TEAM-BASED 360° CARE

MEDICINE | PERFORMANCE PSYCHOLOGY | PHYSICAL THERAPY | SPORTS MEDICINE | EXERCISE PHYSIOLOGY  
 NUTRITION | ACUPUNCTURE | ENERGY CORRECTION | MEDICAL MASSAGE THERAPY

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