

JONATHAN FINNOFF: Hi my name is Jonathan Finnoff. I'm the Medical Director for Mayo Clinic Sports Medicine Center at Mayo Clinic Square here in beautiful Minneapolis, Minnesota. And I going to talk to you today about the services that we provide, and our physicians, and our whole program.

We have a broad range of specialty services here at Mayo Clinic Square. Sports performance training, which includes sports nutrition, coaching services, strength and conditioning, sports psychology. We have athletic trainers here on site.

We cover teams with the athletic trainers including the Timberwolves and the Lynx. We also have rehabilitation services here on site with physical therapists who are specialized in sports medicine. And we also have orthopedic surgeons and physiatrists with sports medicine subspecialty training.

I think there are three different areas that I'd like to highlight. One are our radiology services. So in radiology, we have the most technologically advanced MRI available on the market today here on site. And we have a musculoskeletal radiologist here on site. And so we immediately have access to fantastic images and the expertise to actually interpret them at the Mayo level of care.

We also have exceptional diagnostic ultrasound capabilities here on site. And many of you are probably aware of the expansion of musculoskeletal ultrasound. It has higher resolution even than MRI, and it allows dynamic imaging of different structures. So it gives us different and new information that you couldn't previously obtain. And we have the world's experts on musculoskeletal ultrasound here on site.

One of the other nice things about diagnostic ultrasound is since it is live, you can guide interventional procedures after you've obtained that diagnostic information. So we're doing the standard interventional procedures of joint injections and tendon injections, but we also do technologically advanced and cutting edge medical procedures. And we're doing cutting edge interventions with ultrasound here on site. These include carpal tunnel releases, trigger finger releases.

We're doing all sorts of different procedures that previously could only be done by a surgeon. This is allowing people to get better in a more safe and rapid manner. So we're getting people back out on the field before they previously could.

In addition, we have two other services that I'd like to highlight. One is Exos. We have created a strategic partnership with Exos, and they are the leading sports performance program in the United States. So on site we have Exos professionals here and ready to take our athletes and make them better at their sport.

The final program I'd like to highlight is our regenerative medicine program. So regenerative medicine involves harnessing our body's own innate ability to heal. So we get growth factors and stem cells. And we deliver them with the ultrasound guidance I previously talked about into very specific targeted damage tissues.

And we trigger those tissues to regenerate and heal themselves. So this is really cutting edge technology. And you can get it right here at Mayo Clinic Sports Medicine Center at Mayo Clinic Square.

When you walk through the front doors of Mayo Clinic Sports Medicine Center, you're walking into the Mayo Clinic as a whole. And when we take care of our athletes, we're bringing that level of care to our athletes. And that is the same level of care for our professional athletes all the way through the people whose main goal is to be able to walk around one of the beautiful lakes here in the Twin Cities area.

We take care of athletes of all ages, all athletic abilities, and all different sports. So those sports can be your traditional sport such as football, baseball, track. It can be endurance sports such as running and cycling. We really do handle it all.

I think there are a number of benefits of having a sports medicine center here in downtown Minneapolis. One is that now Mayo Clinic has an accessible sports medicine center for the over 40,000 patients who are currently traveling from the Twin Cities down to Rochester for their medical care. So this is going to be a lot more convenient for our patients.

My name is Dr. Jonathan Finnoff. I'm the Medical Director for Mayo Clinic Sports Medicine Center at Mayo Clinic Square. Thank you for taking the time to listen to this message. And I look forward to working with you in the future.