

Adaptive Sports Medicine Clinic

at Kennedy Krieger Institute

Our Goal

Our mission is to support individuals in reaching their full potential—whether in competitive sports, daily activities or long-term health and wellness—through adaptive sports.

We strive to ensure every athlete under our care is:

- **Medically ready** for sports, through comprehensive physical and functional assessments
- **Fitness-ready**, with tailored training and conditioning guidance
- **Well informed**, via health counseling that supports safe and sustainable sports participation

Our Services

We offer specialized services for youth and adults, including:

- Preparticipation sports physicals and evaluations
- Training and equipment recommendations
- Health counseling for safe participation
- Exploratory evaluations for adaptive sports
- Injury assessment and performance optimization

We emphasize a collaborative, team-based approach. Our team collaborates with coaches, trainers and each athlete's other medical and equipment specialists to ensure each athlete receives comprehensive, individualized care.

The clinic's medical director, Dr. Cecilia Cordova Vallejos, is trained in sports medicine and physical medicine and rehabilitation and has particular expertise in working with adaptive athletes.

Exploratory Evaluations

We help athletes and families:

- Discover local adaptive sports opportunities
- Understand training and equipment needs
- Navigate sports options based on individual abilities and interests
- Connect with community resources and programs



Comprehensive Health Support for Adaptive Athletes

Our team is well-versed in managing a wide range of health concerns commonly experienced by para-athletes, including:

- Skin care and pressure injury prevention
- Urinary and bowel management
- Musculoskeletal injuries and overuse syndromes
- Spasticity and neurological complications
- Osteoporosis
- Chronic pain and fatigue
- Mental health and emotional well-being
- Temperature regulation challenges (sensitivity to heat and cold)

Injury Assessment and Performance Optimization

- Musculoskeletal pain and/or injury assessment
- Concussion assessment (in coordination with Kennedy Krieger's Concussion Clinic)
- Training recommendations and referrals



CONTACT US

Adaptive Sports Medicine Clinic at Kennedy Krieger Institute

For more information, to refer a patient or to schedule an appointment, please call the Pediatric Rehabilitation Office at **443-923-9440**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

KennedyKrieger.org

Clinic Location

801 North Broadway
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, culture, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, socioeconomic status (i.e., access to resources), physical or mental disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs. Our culture of care is extended to our patients, the patients' family members and other people served. Here, "family" refers to parents, other family members, guardians, surrogate decision-makers and healthcare agents. ©2025 Kennedy Krieger Institute 7/2025



Learn More. Get Involved. Stay Connected. Visit: **KennedyKrieger.org/Connect**

