

Benjamin Ahrens, DO

Sports Medicine and Primary Care



Dr. Ahrens specializes in primary care for active families as well as injury prevention and recovery. He offers osteopathic manipulative treatment to ease pain, promote healing and maximize mobility and performance. He also provides concussion management, nonsurgical management of orthopedic injuries and ultrasound guided joint injections. Dr. Ahrens is a team physician for Ohio Wesleyan University. He enjoys caring for athletes of all ages and performance levels.



Austen Musick, DO

Sports Medicine and Primary Care



As a primary care and sports medicine physician, Dr. Musick provides comprehensive, preventive and illness care for active patients of all ages. Board-certified in both family and sports medicine by the American Osteopathic Board of Family Physicians, he completed his family medicine residency at OhioHealth Doctors Hospital and his sports medicine fellowship at OhioHealth Grant Medical Center. Dr. Musick is a concussion specialist with the OhioHealth Sports Medicine Institute. He also specializes in acupuncture and osteopathic manipulative therapy.



OhioHealth Physician Group

Sports Medicine and Primary Care

Our sports medicine physicians are board-certified in family medicine. This means your physician is your partner in managing your family's health, for immunizations and screenings through injury recovery.

Our sports medicine physicians treat patients in our offices and are also team physicians for area high schools, colleges and professional sports teams.

We understand that injuries and illnesses can strike at any time, so we offer same-day and next-day appointments to make sure you receive prompt care when you need it.

OhioHealth Physician Group

OhioHealth Hilliard Health Center

4343 All Seasons Drive, Suite 100 | Hilliard, Ohio 43026

(614) 544.1155 | Fax: (614) 544.1156

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OhioHealth Sports Medicine

Sport Psychology



Todd M. Kays, PhD
Sport and performance
psychologist

Sport Psychology services include:

- + Mental training and performance seminars
- + Parenting and coaching young athletes
- + Psychology of optimal coaching
- + Depression, anxiety, relationships
- + Eating disorders
- + Stress management
- + Recovery from injuries
- + Drug and/or alcohol use and abuse

CALL TODAY!

For private or team consultations,
call (614) 566-GAME (4263)

OhioHealth.com/SportsMedicine



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OhioHealth Sports Medicine

Sports Nutrition

Your Food is Your Fuel

Nutrition counseling can help you understand how an optimal diet (your athletic fuel) can maximize your personal performance. Our nutrition program is directed by a registered and licensed dietitian who can create individualized plans geared to you and your goals.

Our Sports Nutritionist can help you:

- + Learn what and when to eat to maximize your energy and performance
- + Determine your energy and nutrient needs including a review of your day-to-day eating
- + Develop personalized meal patterns to match your training goals
- + Troubleshoot concerns with performance such as: recurrent injuries, fatigue, hydration or gastrointestinal upset
- + Answer questions about supplements, medical conditions, carbohydrates, proteins, fats, fad diets, or other nutrition questions.



**Dawn Holmes, MS, RD,
CSSD, LD**

Dawn is a Board Certified Specialist in Sports Dietetics (CSSD) with a passion for helping athletes reach their performance goals.

To schedule a consultation,
Email Dawn.Holmes@OhioHealth.com
Or for more information visit:
OhioHealth.com/SportsMed-Nutrition

