



Fall 2008

Duke Sports Medicine is pleased to begin a partnership with Triangle United Soccer Association for health care services as well as educational information on injury prevention, performance enhancement, training and nutrition. As part of our health care services to Triangle United, we will be providing athletic training coverage at club hosted tournaments and assisting members of the club with setting up appointments and referrals within Duke Sports Medicine.

Beginning this fall, I will be available at the Homestead fields on the following Monday nights from 6-8 pm: 10/6, 10/27 and 11/10. Activities such as agility, speed, coordination/movement patterns, etc are a few examples of the skills I can work on with teams or individuals. I am also a resource for injuries and can refer players or assist with setting up appointments with Duke Sports Medicine physicians.

If you have specific training needs for teams or individuals, please contact me in advance; otherwise look for me at the field. I will be outfitted in Duke Sports Medicine attire. I look forward to working with you this fall and in the future. Please continue to check the website for additional information.

Kelly J. Hess, PT, DPT
Physical Therapist
Duke Sports Medicine
Voicemail: (919) 681-9558
Email: hess0012@notes.duke.edu