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The National Sports Medicine Institute (NSMI) is excited to continue as medical partners for NVA teams for the 2025/26 season! NSMI is a local, privately-owned orthopaedic clinic providing surgical services and nonsurgical sports medicine care to our community since 2007. Our services include orthopaedic surgery, nonsurgical sports medicine intervention, radiology services, biologic therapy, physical therapy, nutritional counseling, sports science resources, and sports performance training.

To provide NVA players the best possible care, we are offering baseline medical screenings ahead of the season. At this appointment, we will perform a Functional Movement Screening, complete a DXA body composition scan, and review your player's personal and family medical history to identify any unique needs as they pertain to sports participation. Returning players who underwent their screening last year will also be able to track their progress year-over-year.

This baseline screening is not intended to clear or disqualify a player's participation; rather, its purpose is simply to help measure physiological markers to optimize performance, while making you aware of any red flags for injury risk.

We have set aside several afternoons (1:00pm-3:30pm) over the summer specifically for NVA athletes to schedule these screenings. (Can't make one of these? Not to worry! Our providers are also available on during their regularly-scheduled clinic hours Monday-Friday through December 2025.)

Please see below for our exclusive NVA athlete appointment dates:

- Thursday, July 10
- Friday, July 11
- Tuesday July 15
- Thursday, July 17
- Friday, July 18
- Tuesday, July 29
- Thursday, August 14
- Friday, August 15

Your 45-minute visit you will give you the opportunity to meet NSMI's physicians, physical therapists, sports performance & sports science staff to discuss any medical, health, or fitness questions/concerns you may have. **To schedule at our Lansdowne location, please visit https://www.nationalsportsmed.com/nva_soccer_2025 to complete an appointment request.** Our patient care coordinators will reach out to confirm your appointment. Please bring your insurance and identification cards to your appointment. You will be charged the amount of a typical co-pay for a specialist appointment and a bill will be sent to your insurance company to process. Families with non-participating insurance should call the NVA or NSMI office to inquire about alternative payment arrangements.

NSMI also offers injury and conditioning recovery services such as compression therapy, assisted stretching, cupping massage, percussion massage, hot/cold therapy, and electrical stimulation at our both our Aldie and Lansdowne locations. During the season, call (703) 729-5010 ext 212 or 302 to book an appointment.

For more information about NSMI providers and the services we offer, please visit the [NSMI website](#). If you have any questions or concerns, please call our office or send us an email. We look forward to providing exceptional care to the NVA community, and we wish your athletes a healthy and successful season!

Sincerely,

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