

**Nicole Solomos, DO –  
Managing Director of  
Xpress ORTHO**



Dr. Nicole Solomos, specializing in Primary Care Sports Medicine, is Board Certified in Family Medicine with a Certificate of Added Qualifications in Sports Medicine. She completed a Sports Medicine Fellowship at University of Medicine and Dentistry New Jersey – Robert Wood Johnson. There, she worked with two major Division 1 college athletic programs. Currently, Dr. Solomos is affiliated with Manhattan College, The College of Mt. St. Vincent, and College of New Rochelle. At the colleges, she helps to keep athletes on the field safely. This is accomplished by treating the athletes on a weekly basis, for all injuries. She actively monitors sideline game coverage for collegiate athletics as well as medical coverage for mass participation events including marathons and triathlons. She has also covered professional sporting events.

In her quest to continue to give her patients the best and most up-to-date treatments, she attends conferences that provide cutting-edge information, which she brings back to her patients. This includes the use of ultrasound guided injections and using autologous conditioned plasma injections. In addition, Dr. Solomos has also used stem cell injections on her patients with positive results.

Dr. Solomos is dedicated to her patients and seeking the best outcomes and treatments for their sports injuries and other medical issues related to sports and fitness endeavors which includes identification of concussion and appropriate treatment and guidance. She also enjoys giving lectures on various topics related to Sports Medicine.

Dr. Solomos is a member of the American Medical Society for Sports Medicine (AMSSM).



*Xpress ORTHO is Sponsored by HVBJSurgeons!*

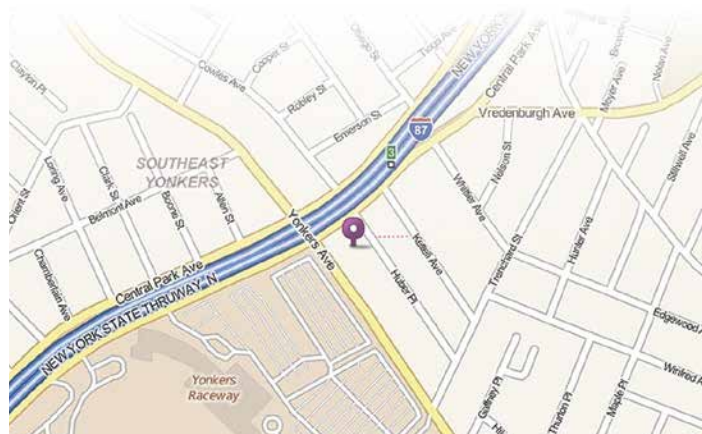
**Hours of Operation:**

- Monday: 3pm-5pm
- Tuesday: 3pm-5pm
- Wednesday: 3pm-5pm
- Thursday: 3pm-5pm

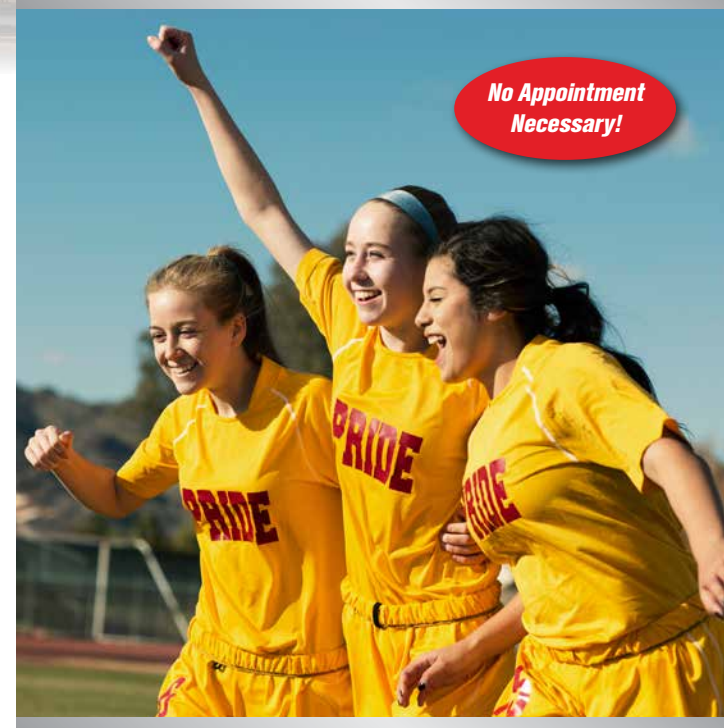
Closed: Friday, Saturday, Sunday and Major Holidays  
Please call (914) 226-8510 to confirm times.

**819 Yonkers Avenue, 2<sup>nd</sup> Floor  
Yonkers, NY 10704**

**914-226-8510  
www.hvbjsurgeons.com**



*Walk-In Expert Orthopedic Care!*



**No Appointment  
Necessary!**

*Acute Joint Injuries  
Sports Injuries  
Strains/Sprains  
Workers Comp Injuries  
And More*

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## Westchester's First Ever Walk-In Facility for Orthopedic Care

*Xpress ORTHO* is the first ever, walk-in medical facility in Westchester, exclusively dedicated to orthopedic related injuries. Conveniently located in Yonkers, NY, *Xpress ORTHO*'s hours of operation are compatible with after school sports activities when most injuries occur. Athletes require timely diagnosis and treatment to safely return to their sport as soon as possible, and that's exactly what *Xpress ORTHO* has been created to help accomplish.

Additionally, *Xpress ORTHO* provides orthopedic care for acute injuries that occur on the job, at home, or by weekend warrior types. Because there is no appointment needed, patients can be evaluated and treated immediately by our staff of experienced sports medicine professionals.

- Faster response times than hospital emergency room care
- Orthopedic/sports medicine focus offers more specialized care than urgent care centers or hospital emergency rooms
- Cutting-edge on-site diagnosis equipment; clean, comfortable amenities
- Convenient location – in close proximity to public transportation; ample, safe parking
- Affiliation with renowned Hudson Valley Bone & Joint Surgeons surgical practice
- Most insurances accepted; affordable self-pay options



### Urgent Care for Orthopedic Injuries!


*Xpress ORTHO* should be the first referral option for athletic trainers, coaches, parents, and more who want the best, immediate care for their players, children, and patients. Staffed by orthopedic and sports medicine professionals who specialize in all areas of the body, and all orthopedic related injuries including the following:

- Acute injuries of the ankle, foot, knee, hip, wrist, elbow, and shoulder
- Sports injuries
- Sprains/strains
- Workers comp injuries
- And more

### Insurance & Payment

*Xpress ORTHO* accepts most insurances; policy information and co-pays are due at time of visit.

Self-pay options, including all major credit cards and cash, are available for non-insured patients.

 CareCredit is also available as a payment option.

*Students injured at school are asked to bring an accident report and school insurance information.*

### ***Xpress ORTHO* is Sponsored by HVBJ Surgeons!**

Conceived and developed by Hudson Valley Bone & Joint Surgeons (HVBJ), *Xpress ORTHO* is a logical extension to HVBJ's renowned orthopedic surgical practice. Collaborative sharing opportunities for streamlined benefits now exist between the urgent diagnosis and treatment services of *Xpress ORTHO* and HVBJ's advanced orthopedic care.

*For additional information on HVBJ's capabilities, go to [www.hvbjsurgeons.com](http://www.hvbjsurgeons.com).*

