

**SMC Clinic**  
**Now 2 Nights!**  
 — 5:00 pm —

# SPORTS MEDICINE SERVICES

**Athletic Care From Injury Through Return To Play**

Playing through pain is part of the game. But sometimes, injuries make it unwise, if not impossible, to compete. That's where our sports medicine services can help get you back in the game. From professional athletes to weekend warriors, PVHMC has been offering athletic care from injury through return to play at its Sports Medicine Center, Athletic Rehabilitation and Urgent Care locations since 1983.



Scan to  
 Learn More



## SPORTS MEDICINE CENTER (SMC) PHYSICIAN CLINIC

Jay Shah, DO, CAQSM  
 SMC Medical Director

**909.865.9810**

[pvhmc.org/sportsmedicine](http://pvhmc.org/sportsmedicine)

- **FREE** sports injury screen, including **FREE** x-ray, PT consult, and specialist referral when needed
- Sports medicine physician, family medicine residents
- Low-cost sports physicals
- Appointments Only—**NO WALK-INS**
- Must ask for "SMC Appointment"
- **5:00 pm / Monday & Wednesday**

— See how to access Dr. Shah's expertise at other times during the week on the back of this page —



## REHABILITATION SERVICES ATHLETIC REHAB

Pomona **909.865.9810**  
 Chino Hills **909.630.7878**  
 Claremont **909.865.9104**  
 La Verne **909.392.6531**

[pvhmc.org/rehabilitation](http://pvhmc.org/rehabilitation)

- Board certified orthopedic specialists, licensed physical therapists
- Individualized treatment plans
- Computerized testing
- Physician referral **REQUIRED**
- By appointment only
- **8 am–5 pm / Monday–Friday**



## POMONA VALLEY HEALTH CENTERS URGENT CARE

Chino Hills **909.630.7868**  
 Claremont **909.865.9977**  
 La Verne **909.392.6511**

[mypvhc.com/services/urgent-care](http://mypvhc.com/services/urgent-care)

- After-hours care offering follow-up referrals to our Sports Medicine Center and Athletic Rehabilitation
- Low-cost sports physicals
- Walk-in or "reserve my spot" online
- **8 am–6 pm / Monday–Friday**
- **9 am–5 pm / Saturday–Sunday**



*Sports Medicine Center*

1798 B N. Garey Avenue • Pomona, CA 91767 • 909.865.9810 • [pvhmc.org/sportsmedicine](http://pvhmc.org/sportsmedicine)

10-15-25



# Meet Dr. Jay Shah

MEDICAL DIRECTOR OF THE SPORTS MEDICINE CENTER  
AT POMONA VALLEY HOSPITAL MEDICAL CENTER

Jay Shah, DO, CAQSM

Pomona Valley Hospital Medical Center (PVHMC) welcomes Jay Shah, D.O., as the new medical director of its Sports Medicine Center (SMC). Dr. Shah offers sports medicine expertise, community outreach and experience as team physician to the SMC.

Prior to joining the Sports Medicine Center in 2021, Dr. Shah trained at Pomona Valley Hospital Medical Center's Family Medicine Residency Program and completed an additional year of Primary Care Sports Medicine Fellowship at Baylor University.

While training at Pomona Valley, he acquired a sports medicine foundation by working alongside his sports medicine mentors assisting in team physician duties for sporting events of all levels, including high schools, colleges, and professional organizations, such as the AC Clippers (G-League) and Ontario Reign (AHL).

During his fellowship, he served as an assistant team physician for the Baylor University Bears, a Division 1 school and member of the prestigious Big 12 Conference. At the same time, he was also the team physician for neighboring high schools and community colleges in the region. While at Baylor, he developed additional skills in diagnostic and therapeutic use of Ultrasound.

Upon his return to PVHMC in 2021, he was excited to be giving back to the same community where he received his residency training. Currently serving as Team Physician for Diamond Bar High School, Dr. Shah is proud to continue the SMC's long history of helping local athletes of all ages and backgrounds.

Dr. Shah enjoys spending time with family and friends, exercising and playing various team sports. Originally a Bay Area native, he is an avid fan of the 49ers, Warriors, and Giants! He enjoys watching TV and movies, but strives to become an avid book reader as well. He looks forward to traveling locally and abroad with his wife.

In addition to seeing injured athletes at the Sports Medicine Center, Dr. Shah treats patients Monday-Friday at his Chino Hills practice located at Pomona Valley Health Center Chino Hills.

**PVHC Chino Hills • 2140 Grand Ave, Suite 125 • Chino Hills, CA 91709 • 909.630.7875**

*Sports Medicine Center*

