

# Walk-in Locations

## 1 Downtown Complex – Medical Pavilion

60 Columbia St. | Orlando, FL 32806

**(321) 843-5851**

### Walk-in Hours

Mon – Thu | 8:00 am – 7:00 pm

Fri | 8:00 am – 4:00 pm

Sat | 9:00 am – 3:00 pm

## 2 Alafaya/Waterford Lakes

1900 N. Alafaya Trl., Suite 900 | Orlando, FL 32826

**(407) 629-2444**

### Walk-in Hours

Mon – Fri | 8:00 am – 4:00 pm

## 3 Hunter's Creek

13564 Village Park Dr., Suite 150 | Orlando, FL 32837

**(321) 843-5851**

### Walk-in Hours

Mon – Fri | 8:00 am – 4:00 pm

## 4 Lake Mary

454 Rinehart Rd., Suite 2001 | Lake Mary, FL 32746

**(321) 843-5851**

### Walk-in Hours

Mon – Fri | 8:00 am – 4:00 pm

Extended hours coming in fall 2025

## 5 Melbourne

5565 N. Wickham Rd. | Melbourne, FL 32940

**(407) 643-1234**

### Walk-in Hours

Mon – Fri | 8:00 am – 4:00 pm

## 6 St. Cloud

1600 Budinger Ave., Suite C | St. Cloud, FL 34769

**(321) 843-5851**

### Walk-in Hours

Mon – Fri | 8:00 am – 4:00 pm

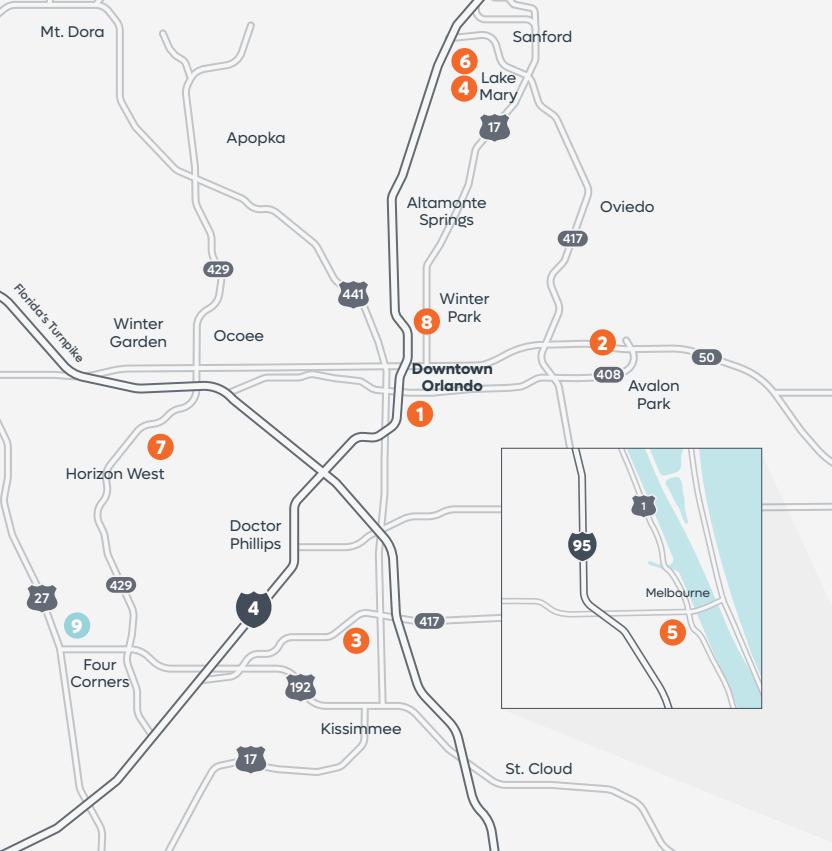
## 7 Windermere

5151 Winter Garden Vineland Rd., Suite 206  
Orlando, FL 32819

**(407) 629-2444**

### Walk-in Hours

Mon – Fri | 8:00 am – 4:00 pm



## 8 Winter Park

1285 Orange Ave. | Winter Park, FL 32789

**(321) 843-5851**

### Walk-in Hours

Mon – Thu | 8:00 am – 7:00 pm

Fri | 8:00 am – 4:00 pm

Sat | 9:00 am – 3:00 pm

## Coming Soon

### 9 Four Corners

16966 Cagan Ridge Blvd., Suite 220 | Clermont, FL 34714

**(321) 843-5851**

**Walk-in access, coming fall 2025**

### Walk-in Hours

Mon – Fri | 8:00 am – 4:00 pm

connect to health



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[OrlandoHealth.com/WalkIn](http://OrlandoHealth.com/WalkIn)

# Same-Day Expert Orthopedic Care



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Orlando Health Jewett Orthopedic Institute introduces a meet-up of renowned sports medicine, specialized orthopedic care and appointment-free convenience. Whether you're nursing a sprain or have been sidelined by an injury, our team of orthopedic experts is ready to help you get back to chasing your goals.

We feature clinics with extended hours including Saturdays so we are always here when you need it. Walk-in patients will initially be consulted by an orthopedic advanced practice provider.

#### We Evaluate and Treat the Following Types of Injuries

- Sprains
- Strains
- Stress fractures
- Tendonitis
- Other sports-related injuries

#### What to Bring

- Photo ID
- Insurance card
- Parent or guardian (if under 18)

#### Services We Offer\*

- Brace fitting
- Braces (various types)
- Casting
- CT scan orders
- Joint assessment
- Joint injections
- Ligament stability tests
- Lower back exams
- MRI orders
- Neurologic exams
- Physical therapy orders
- Range-of-motion exams
- Sling fittings
- Special sports tests
- Splinting
- Surgical referrals
- Walking-boot fittings
- Onsite x-rays

## Common Injuries and Conditions We Treat

### Shoulder Pain

Rotator cuff tendonitis or "impingement syndrome" is one of the most common conditions we see. This is an overuse syndrome, very common with excessive overhead activity. This can be from weightlifting or even household projects such as cleaning or painting. It presents as progressive shoulder pain and difficulty lifting your arm, reaching behind you, etc. The walk-in clinic can diagnose this clinically and treat patients with oral medications, corticosteroid (cortisone) injections and ordering physical therapy.

### Knee Pain

Arthritis is the most common knee condition we see. It can flare up at any time, many times without injury. Patients will have pain and stiffness and often swelling. We can order X-rays to monitor progression of arthritis and refer you to surgery as needed, and in the meantime, we can manage with oral medications, physical therapy, bracing and corticosteroid (cortisone) injections.

- Sprains
  - Ligaments sprains
  - ACL (anterior cruciate ligament) / PCL (posterior cruciate ligament) / MCL (medial collateral ligament) / LCL (lateral collateral ligament)
- Tendonitis
  - Patellar tendonitis – jumper's knee
  - Quadricep tendonitis
  - All manifest as anterior (front) knee pain. We can rule out other injuries with X-ray/MRI if needed, but can manage with bracing, oral/topical medications, and physical therapy.

### Foot and Ankle Pain

Ankle sprains are often the cause of foot and ankle pain and the most common ankle sprain we see is of the anterior talofibular ligament (ATFL), which is a lateral (outside) ankle sprain. It usually occurs from twisting and/or falling. It presents with pain and swelling on the outside of the ankle, sometimes bruising and the inability to bear weight. We can rule out fractures with X-rays, and we can manage most of these nonoperatively with immobilization (boots and braces available at our clinics) and physical therapy.

### Elbow Pain

- Medial epicondylitis – golfer's elbow (pain on inside of elbow)
- Lateral epicondylitis – tennis elbow (pain on outside of elbow)
- Overuse injury (most often not from golf or tennis) is due to tendonitis at the elbow. This can manifest as elbow pain, sometimes radiating to wrist/hand and affecting grip strength. This type of injury can be managed with medication, bracing, injections or we may order imaging.

### Hand Pain

X-rays, casting/splinting, prompt surgical referral when needed.

### Back Pain

X-rays, neurological exam, and we can order an MRI if needed. We can also treat with oral medications and physical therapy. If necessary, we can refer you for injections/surgery.

