



Memorial Hospital Miramar Opens [U18] Sports Medicine, a Pediatric Sports Rehabilitation Center

By Stacey Bomser

As part of its continued commitment to providing the highest quality of healthcare services for the entire family, Memorial Hospital Miramar has partnered with Joe DiMaggio Children's Hospital to open [U18] Sports Medicine, a state-of-the-art pediatric sports medicine and rehabilitation center. This is the first facility of its kind in the area, catering specifically to children, adolescents and teens. From outreach programs to patient care, the focus will be on preventing and treating injuries in young athletes, and enhancing their sport potential.

Overseeing the facility are the physicians from the Joe DiMaggio Children's Hospital Division of Pediatric Orthopaedics & Spinal Deformities (www.kidbones.net), the largest group of board-certified, fellowship-trained pediatric orthopaedic

the [U18] Sports Medicine center. Every inch of this one-of-a-kind facility was designed with children in mind. The focal point is the well-equipped rehabilitation gym featuring a basketball hoop, ballet barre, cardio equipment, and a Nintendo Wii station. Glass windows allow parents to watch their child's progress, but more importantly, patients see their peers at "play" and get excited about their turn in therapy.

"We make treatment entertaining and fun so the children will want to do their exercises," states Broksch. "That's why we try to incorporate sports and games into each therapy session."

Patients work one-on-one with their therapist during the 45-minute session. "Therapy is always personalized for the individual and his or her particular injury," explains Milian. "This allows us to

make sure the patient is doing the exercises correctly and fine-tune the therapy plan as needed."

It is important to make sure the patient is rehabilitating correctly to prevent re-injury. "We see a number of patients whose injuries fail to properly heal, and the severity of these injuries is far worse," said Broksch. The therapists also teach their patients how to adjust their games or techniques to make sure they do not hurt themselves again.

The physical therapists, who are all certified orthopaedic specialists with experience in sports rehabilitation, work hand-in-hand with the physicians to ensure each patient is receiving the proper treatment. At least one of the doctors is always on site and available for consultation. "With open lines of communication between doctors and therapists, we are able to provide a cohesive program," says Milian. "Plus, there is always someone to talk to throughout your child's treatment, from injury until discharge."

In addition to providing treatment, the [U18] Sports Medicine center will provide community outreach programs. "There are a lot of children playing sports today. Unfortunately, there is not a lot of education for coaches on how to prevent injuries," explains Broksch. "We'll be offering programs for local youth sports leagues and athletic teams to educate coaches on conditioning exercises and injury prevention." The facility is also working with athletic trainers at area high schools to provide medical care for student athletes, and has already run emergency injury treatment training programs for more than 2,500 coaches and trainers from all over Florida.

The new [U18] Sports Medicine center complements the extensive pediatric services provided at Memorial Hospital Miramar. The hospital offers a state-of-the-art, 24-hour, children's emergency department, sophisticated diagnostic imaging services including digital X-rays, and a fully-staffed 12-bed inpatient pediatric unit. The hospital also has on-staff pediatric radiologists and pediatric anesthesiologists. Because Memorial Hospital Miramar is an affiliate of the Joe DiMaggio Children's Hospital, you can be sure your child is receiving the best care possible.

The [U18] Sports Medicine center is located on the second floor of the medical office building adjacent to Memorial Hospital Miramar, on Southwest 172nd Avenue in Miramar between Pines Boulevard and Miramar Parkway (west of I-75). For more information call (954) 538-5500 or visit www.U18sportsmedicine.com. The [U18] Sports Medicine pediatric sports rehabilitation center offers day and evening hours and accepts most insurance plans.



40 Health professionals including 5 orthopedic surgeons, physical therapists and nurse practitioners here for you and your family at Memorial Hospital.

surgeons in South Florida. While many physicians treat occasional pediatric patients, Doctors Michael Jofe, Randolph Cohen, Neal McNerney, Stephen Storer and Cara Novick specialize solely in the diagnosis and treatment of musculoskeletal problems in children, adolescents and teens.

"This is particularly important if your child has a growth plate injury," notes Tony Milian, manager of sports medicine at Memorial Hospital Miramar. "Because children are still growing, specialized anatomical knowledge is required. All of the physicians in this practice have completed a fellowship in pediatric orthopaedic surgery."

"You can't treat a pediatric or adolescent athlete the same as you would treat an adult," explains Dawn Broksch, director of rehabilitation services at Memorial Hospital Miramar. "It requires specialized treatment, in terms of the physician, equipment and treatment techniques."

All of this was taken into account when building

