

PHYSICIAN'S CORNER



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Whether it's a cradle, a half nelson or a fireman's carry, wrestling moves can cause injury and take a wrestler out of competition. With the popularity of this sport and the rise of MMA (Mixed Martial Arts, e.g. UFC), sports medicine specialists are seeing a wave of injuries unique to wrestling. Most are bumps, bruises and muscles strains. But with increased frequency and duration of training at younger ages, year-round participation (folkstyle, freestyle and Greco-Roman) and pressure to succeed early on, more and more complex injuries are being recognized in young wrestlers. These injuries include collar bone fractures, ACL tears, concussions, shoulder and elbow dislocations and lower extremity fractures. With the advent of MRI and advances in minimally invasive arthroscopic surgery, these injuries in the young wrestler are being diagnosed and treated with increased frequency and success.

Shoulder separations are particularly common in wrestling. Slams to the mat can result in an AC (acromioclavicular) separation, a shoulder dislocation and/or a tear of the soft tissue ring around the shoulder socket (the labrum).

Signs and symptoms of a labral tear include shoulder pain, instability and weakness. An athlete should be evaluated by an experienced sports medicine physician and X-rays and/or an MRI may be ordered. A variety of treatment options are available, including rest, physical therapy and bracing. More advanced cases may require arthroscopic shoulder surgery (cameras inside the shoulder joint) and repair of the torn labrum. Proper warm-ups, stretching and strength and flexibility programs can greatly decrease the chance of developing a shoulder injury during a match or practice.

The sports medicine specialists of U18 Sports Medicine are specifically trained to care for the young athlete with wrestling-related injuries. Our newest physician, Dr. Jeremy Frank, is one of the team physicians for the US National Wrestling Team and travels nationally and internationally in that capacity. From injury prevention strategies to physical therapy, MRI to arthroscopic surgery, we can help meet your wrestling injury needs at U18 Sports Medicine.

For more information, log on to our website at u18sportsmedicine.com or contact us at 954-538-5500. U18 Sports Medicine is part of Memorial Healthcare System and affiliated with Joe DiMaggio Children's Hospital.

TESTIMONIAL

I was very shy to begin with, but as the days went by I felt better around all the therapists. They were very nice and helpful and I got my strength back to normal. It has been amazing here and I'm glad I did it. I've changed so much from the beginning, it was hard work but fun at the same time. I loved it!

– Briana
Patient of U18
High School Cheerleader

