

### PHYSICIAN'S CORNER



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The martial arts are on the rise in South Florida. Tae kwon do, Brazilian jiu jitsu, judo, karate and Krav Maga are just a few of the various disciplines that populate South Florida's numerous martial arts academies. With the popularity of these contact sports and the rise of MMA (Mixed Martial Arts, e.g. UFC), sports medicine specialists are seeing a wave of injuries unique to each martial art. Most are bumps, bruises and muscles strains. But with increased frequency and duration of training at younger ages, single discipline concentration and pressure to advance within the belt system, more and more complex injuries are being recognized in the young martial artist. These include hand fractures, hip labral tears, concussions, knee ligament ruptures, shoulder and elbow dislocations and lower extremity stress fractures. With the advent of MRI and advances in minimally invasive arthroscopic surgery, these injuries in the young martial artist are being recognized and treated with increased frequency and success.

Knee ligament injuries are particularly common in the martial arts. Joint manipulation techniques, such as a knee bar in Brazilian jiu jitsu, can result in an ACL (anterior cruciate ligament) rupture if not released in a timely fashion. Signs and symptoms of an ACL tear include knee swelling, pain, instability and at times inability to bear weight on the affected knee. A variety of treatment options are available including rest, physical therapy and bracing for partial tears. Complete ruptures of the ACL require surgical reconstruction of the ligament to help prevent any future instability of the knee and potential injury to the surrounding cartilage and meniscus. Proper warm-ups, stretching and strength and flexibility programs can greatly decrease the chance of developing an ACL injury.

The sports medicine specialists at U18 Sports Medicine are specifically trained to care for the young athlete with martial arts injuries. From injury prevention strategies to physical therapy, MRI imaging to arthroscopic surgery, we can help meet your martial arts medicine needs.

For more information, log on to our website at [u18sportsmedicine.com](http://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 want to personally thank Erasmo Alvarez for his treatment of my son. Jonathan tore a muscle playing baseball back in March but we did not realize it until he started spring football and could not cut or change direction on the playing field. Also, he was not able to move like he did before. We made an appointment with the doctors at U18 Sports Medicine and were referred for physical therapy. We were very lucky to have several appointments with Erasmo Alvarez. Jonathan felt that his sessions with Erasmo were very beneficial and he always felt positive when we left the session. He also took time to explain his progress to me. Erasmo made our family feel that he took a personal interest in the well-being of our son. When someone mentions to me that their child is suffering a sports injury I recommend U18 Sports Medicine and highly recommend Erasmo Alvarez. We had our last session in the beginning of August but if there is any problem I know that we could call him and he would respond. I know if Jonathan has another injury we will come back to Memorial Hospital Miramar and Erasmo Alvarez, PT.

– Patricia  
Parent of Jonathan,  
Baseball/Football Player

