

PHYSICIAN'S CORNER



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From ballet to hip hop, Irish step to jazz, dance schools are incredibly popular in South Florida. Young children flock to various dance programs to learn and master a variety of highly technical skills. With this popularity comes a unique set of injuries presenting to the sports medicine physician. These include foot and ankle ailments, muscle strains, ligament tears, hip injuries and even broken bones. With the advent of MRI and advances in various arthroscopic techniques, dance injuries are being diagnosed and treated with increased frequency and success.

A common foot and ankle injury in dancers is os trigonum, an excess bone in the back of the ankle joint. Signs and symptoms of an os trigonum include pain in the back of the ankle, ankle weakness and limited ability to achieve and/or sustain pointe. This can be a naturally occurring injury or the result of excessive pointe at an early age. A variety of treatment options are available including rest, physical therapy and medications. Occasionally, arthroscopic (surgery with cameras) or traditional open surgery may be necessary to properly treat an os trigonum. Proper warm ups, stretching and flexibility can minimize symptoms.

Having served the Boston Ballet and Boston Conservatory, I now work with the other sports medicine specialists at U18 Sports Medicine to help care for young dancers in South Florida. With injury prevention strategies, physical therapy, MRI imaging and arthroscopic surgery, we are ready to serve your dance medicine needs.

TESTIMONIAL

My experience at U18 was amazing! Each visit I felt my injury had gained an extreme improvement. It was tough at times but at the end my knee is better than ever!

-Francisco
Baseball Player
Coral Glades High School

