

PHYSICIAN'S CORNER



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Contact sports are on the rise in South Florida. Football is king and lacrosse, soccer and various martial arts are not too far behind. With the popularity of these contact sports, sports medicine specialists are seeing a wave of hip injuries presenting to their offices. Most are bumps, bruises and muscles strains. But with year round participation, single sport concentration and traveling all star teams, more and more complex hip problems are being recognized in the young athlete. These include torn labrums, hip impingement, loose bodies within the hip joint, sports hernias and cartilage damage in the hip. With the advent of MRI imaging and advances in hip arthroscopy, hip injuries in the young athlete are being recognized and treated with increased frequency and success.

Signs and symptoms of a hip injury include limping, groin pain, difficulty flexing or extending the hip and pain with rotation of the hip. An athlete might complain of pain with pivoting or twisting or deep groin pain. Hockey goalies who tend goal in the butterfly position are particularly susceptible to labral tears as a result of excessive and prolonged hip internal rotation and flexion. A variety of treatment options are available including rest, physical therapy and medications. Occasionally, arthroscopic surgery (surgery with cameras) may be necessary to properly treat a complex hip injury. Proper warm ups, stretching and flexibility programs can greatly decrease the chance of developing a hip injury.

The sports medicine specialists at U18 Sports Medicine are specifically trained to care for the young athlete with hip injuries. From injury prevention strategies to physical therapy, MRI imaging to arthroscopic surgery, we have all of your hip needs covered.

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

My experience with U18 was very pleasurable. I had a good time participating at every session with my therapist. She was a very nice person, and made me feel very comfortable every day. It was definitely a 5 star experience. Not only did I have fun at every session, I feel that my knee has improved dramatically. I no longer feel any pain.

-Steven Concepcion
Basketball Player,
Everglades High School

