

Sports Medicine for Young Athletes

“THE TEAM APPROACH”

A true collaborative step by step process in the care of the athlete that demonstrates an ideal Multi-disciplinary approach.

THE OBJECTIVE

My goal today is to provide you, the clinicians, the perspective of what is the ideal form of collaboration within our sports medicine culture.

COLLABORATION

is the process of two or more people or organizations working together to complete a task or achieve a goal. Collaboration is similar to cooperation. Most collaboration requires leadership, although the form of leadership can be social within a decentralized and egalitarian group. Teams that work collaboratively often access greater resources, recognition and rewards when facing competition for finite resources.



Joe DiMaggio
Children's Hospital

DEPARTMENT OF
ORTHOPAEDIC SURGERY

[U18] Sports

WHAT IS OUR IDEA OF A TEAM?



WHO OUR TEAM ACTUALLY IS





DEPARTMENT OF
ORTHOPAEDIC SURGERY
[U18] Sports Medicine

MULTIDISCIPLINARY APPROACH

 Outreach Program
(Athletic Trainer)



DEPARTMENT OF
ORTHOPAEDIC SURGERY
PEDIATRIC ORTHOPAEDICS
SPINE CENTER
[U18] SPORTS MEDICINE
HIP PRESERVATION CENTER
LIMB LENGTHENING CENTER



MRI CENTER

ALL OF US!

~~ATHLETE AND FAMILY~~



CONCUSSION
CLINIC

[U18]
Sports Medicine
Joe DiMaggio Children's Hospital | PERFORMING ARTS &
DANCE MEDICINE



THERAPY SERVICES



DEPARTMENT OF
ORTHOPAEDIC SURGERY
[U18] Sports Medicine

- Blanche Ely HS
- Boyd Anderson HS
- Coconut Creek HS
- Cooper City HS
- Coral Glades HS
- Coral Springs HS
- Cypress bay HS
- Deerfield Beach HS
- Dillard HS
- Everglades HS
- Flanagan HS
- Fort Lauderdale HS
- Hallandale HS
- Hollywood Hills HS
- McArthur HS
- Miramar HS
- Monarch HS
- Northeast HS
- Nova HS
- Piper HS
- Plantation HS
- Pompano Beach HS
- South Broward HS
- South Plantation HS
- Stoneman Douglas HS
- Stranahan HS
- Taravella HS
- Western HS
- West Broward HS



2018 – 2019 SCHOOL YEAR


OTHER PARTNERSHIPS

- Pine Crest School Boca Raton
- FAU AD Henderson School Boca Raton
- Somerset Academy Pembroke Pines
- Weston FC
- West Pines United
- Plantation FC
- United Soccer Academy
- FUTSOC Soccer Academy
- US Tennis Academy

- Tournament Success Group
- Arts Ballet Theatre
- Kreul Classic Basketball Tournament
- US Cheerleading
- Hollywood Wildcat Soccer
- Miami Premier Soccer Club
- Palm Beach Youth Soccer
- US Soccer Federation
- Davie United Soccer
- Gold Coast Lacrosse



“HUMAN CAPITAL”

 Outreach Program

WHERE ARE WE?



Weston Location



Boca Raton Location



**[U18] Sports Medicine at
Memorial Hospital
Miramar**



**Joe DiMaggio Children's
Hospital
(Hollywood Location)**



**[U18] Sports Medicine
Coral Springs Campus**

COMING SOON
IT'S HERE!



Wellington Pediatric Specialty Center

WHO IS INVOLVED IN YOUTH SPORTS INJURIES?

• Youth Sports –



- Athlete
- Family
- Physician
- Therapist (PT, OT, ST)
- Coach

WHO IS INVOLVED IN HIGH SCHOOL INJURIES?

- High School Sports –



1. Athlete
 2. Family
 3. Therapist / Athletic Trainer
 4. Physician
 5. Coach
- External Factors occurring at an earlier age

WHO IS INVOLVED IN COLLEGIATE INJURIES?

- College Sports –



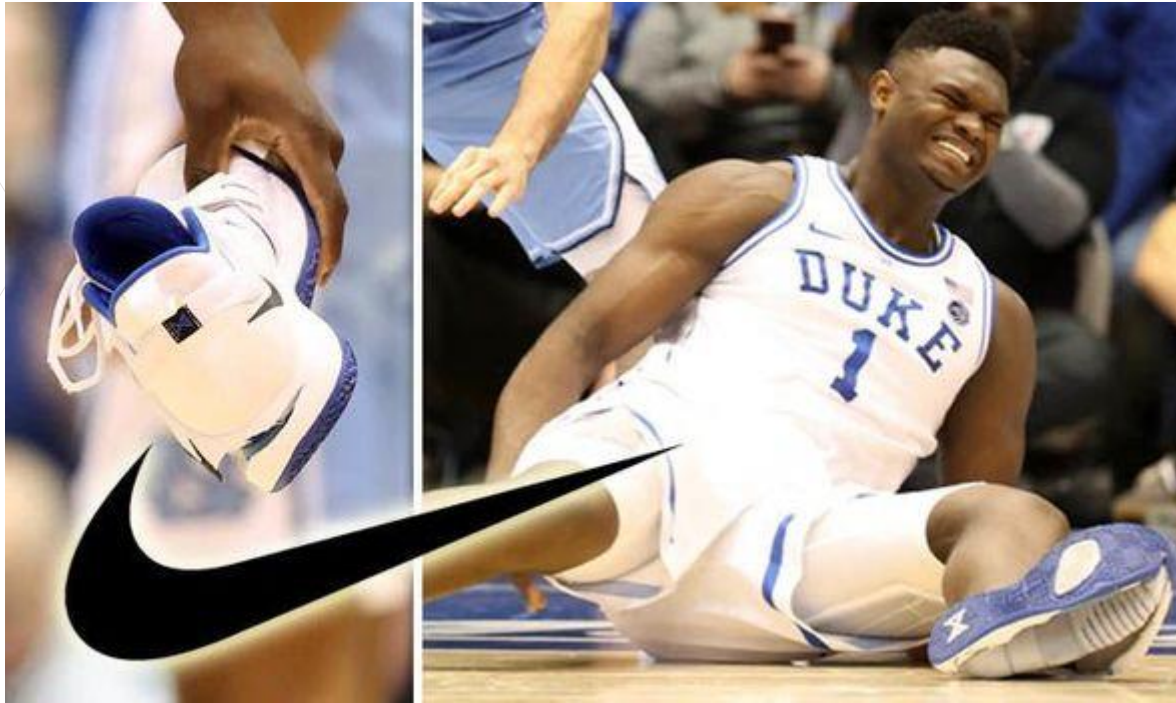
1. Athlete
2. Therapist / Athletic Trainer
3. Physician
4. Coach
5. Family

WHO IS INVOLVED IN PRO SPORTS INJURIES?

- Professional Sports –



1. Athlete
2. Athletic Trainer / Agent
3. Coach / General Manager
4. Physician
5. Therapist
6. Sponsor



NORMAL KID?



CRAZY?

- **Thirteen-year-old soccer phenom Olivia Moultrie turns pro by signing with Nike and forgoing her NCAA eligibility after previously accepting a scholarship to North Carolina at 11**
- **Moultrie, a 13-year-old soccer prodigy, signed a multiyear endorsement deal with Nike and a separate deal with the Wasserman Media Group sports agency**
- **NCAA rules prohibit athletes from accepting payment for playing their sports**
- **Moultrie's decision effectively makes her a pro and eliminates the chances of her playing in college after she previously accepted a scholarship to North Carolina**
- **Her agent did not discuss terms of the deal with, but did say that is worth more than a college scholarship, which is valued at around \$300,000**
- **Moultrie is part of Nike's 'Dream Crazier' campaign, which aired during Sunday's Academy Awards telecast and is aimed at celebrating women in sports**
- **FIFA typically prevents players from signing overseas until they are 18, but she could sign as a developmental player in the top United States league, the NWSL**



WHAT ARE PATIENTS LOOKING FOR?

- Care
- Communication / Education
- Piece of mind
- Confirmation / Validation

WHAT ARE WE LOOKING FOR AS CLINICIANS?

- Providing the best care
- Communication
- Respect
- Validation

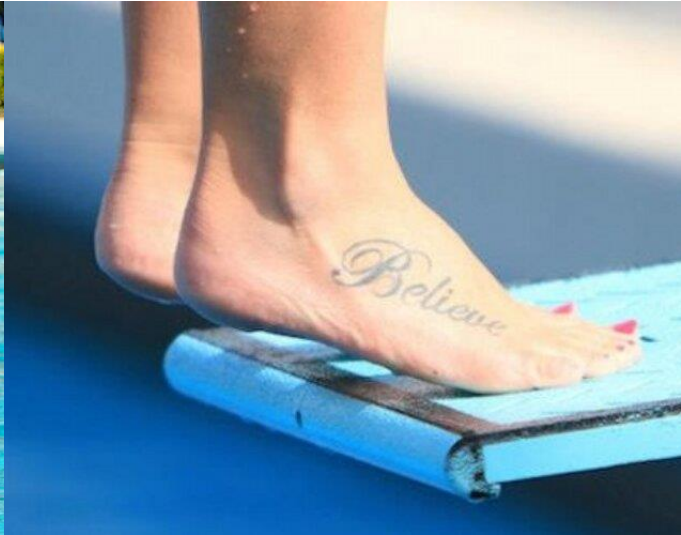
CASE STUDY #1

- 13 Year old female, competitive club soccer player with history of fibular fracture and Tibial stress reaction to her left ankle.
- Presenting with immediate swelling and pain after attempting to make a play in a game. Athlete not able to bare weight and very limited range of motion. Athlete was evaluated by Athletic Trainer at the event she traveled too. Suspicion of left ankle fracture.
- Athlete and Parents were very responsive and transported athlete to closest urgent care where the fibular fracture was confirmed and follow up with ortho as soon as possible for further diagnostic testing.
- Orthopedic specializing in foot and ankle issues confirmed the non-displaced fibular fracture and Tibial stress reaction via MRI with no growth plate involvement.



CASE STUDY #2

- 15 Year old female, competitive diver with history of instability in right ankle.
- Presenting with recurring inflammation and pain with jumping, landing, and even entry in the water. Suspicion of Chondral defects in her right ankle that had been accumulating.
- Athlete and Parents were uncertain of whether surgical intervention would fix this problem. Condition lingers till she is 19 and competing in college, at which point was surgical intervention was inevitable.
- Orthopedic specializing in foot and ankle issues recommended against further participation until chronic symptoms could be resolved.



CASE STUDY #3

- 14 Year old female, competitive club soccer player with history of left ankle instability.
- Presenting with immediate swelling pain after “rolling” her ankle. Athlete could not bare weight and was significantly tender to palpation over the styloid process of the 5th metatarsal of the left foot. Suspicion of a fracture of the base of the 5th metatarsal.
- Athlete and Parents were proactive and fortunate to get an appointment with an ortho within 3 days of the initial injury.
- Orthopedic specializing in foot and ankle issues surgically repaired the base of the 5th metatarsal. Athlete was cleared for full participation exactly 4 months to the initial day of surgery.



Pines Charter High Varsity girls soccer team
#District Champions 🏆⚽ great game girls 💪



CASE STUDY #4

- 17 Year old male, college baseball player with history of multi-directional instability in both shoulders.
- Presenting with recurring inflammation and pain with throwing. Suspicion of SLAP tear in right shoulder that was pre-existing.
- Athlete and Parents are adamant that they would prefer to wait for surgical intervention till post-season.
- Sports Medicine Team cohesively decided they would attempt the non-surgical approach with a detailed participation plan and with the understanding that if the athlete presented with any worsening symptoms that he would be shut down for the season.



CASE STUDY #5

- 12 Year old Female, competitive club soccer player with history of right anterior knee inflammation. After repetitive training and competition condition worsened. Another key component in her history was that she was in the middle of a growth spurt.
- Presenting with Inflammation at the tibial tuberosity. Athlete diagnosed with “Osgood-Schlatter’s disease”.
- Athlete is being recruited by another club soccer organization with an actual college placement process. If afforded the opportunity this young lady can be fortunate enough to play on a larger stage.
- Through proper maintenance and the support of her parents she continuously follows through on the care and prevention for this injury.



CASE STUDY #6

- 16 Year old Female, Olympic Swimmer with history of right shoulder injury after crashing into the wall on a turn in the water.
- Presenting with adhesive capsulitis. Suspicion of Labral tear with possible rotator cuff involvement in right shoulder as a result of the incident.
- Athlete was still recruited by an American university because of her previous achievements. Parents put their trust in those that were recruiting her. She was sent across the world by family and Olympic federation in hopes that she would overcome her injury.
- She arrived in the US as a 17 year old with surgical intervention and 10 months of rehabilitation in front of her.

