

**Athletic Training Outreach** Certified Athletic Trainers (ATCs) are licensed allied healthcare professionals who specialize in the prevention, recognition, assessment and treatment of musculoskeletal and general physical conditions. Athletic trainers are often the first line of defense in the field and are an extension of the physicians and physical therapists. At Holy Cross Sports Medicine, our ATCs are in the community or high schools acting as liaisons to the parents, athletes, coaches, athletic directors and physicians. They are the point persons for all injuries, and an expedited referral to a physician if needed. You may see them in the orthopedic offices assisting the physicians, in the physical therapy gym supervising patient exercises, on the field attending to the athletes, and throughout our community providing guidance and insight on athletic and occupational safety and functional improvement.

**Musculoskeletal Ultrasound Program** Ultrasound can be used in many aspects of Orthopedics and Sports Medicine. The ultrasound is used to guide therapeutic injections to ensure the medication is in the precise location for the greatest effect. Ultrasound is also a dynamic modality that allows for diagnosis of muscle or tendon tears at various points of contraction. At Holy Cross Sports Medicine, ultrasound is depended upon to improve the efficiency and quality of care.

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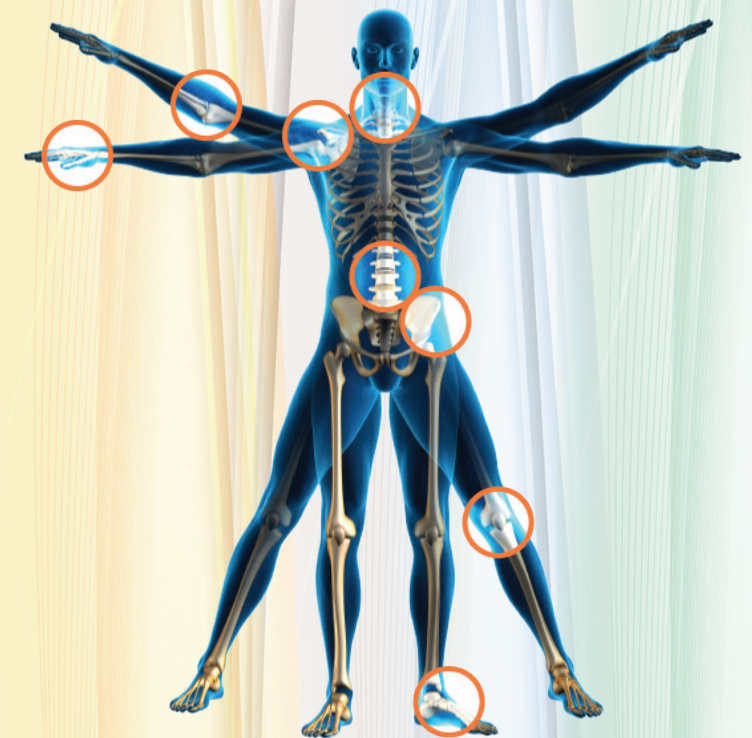
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# **Holy Cross** **Hospital** Orthopedic Institute

*Our mission is you.*



## **SPORTS MEDICINE**

## WHO WE ARE

Holy Cross Sports Medicine is a division of the nationally recognized Holy Cross Orthopedic Institute. Holy Cross Sports Medicine encompasses a multidisciplinary team that offers a multitude of services to meet all the medical and performance needs of South Florida's active population.

Members of the multispecialty team include:

- Primary Care Physicians
- Sports Medicine Physicians
- Orthopedic Surgeons
- Cardiologists
- Neurologists, Neurosurgeons, and Concussion Experts
- Physical and Occupational Therapists
- Athletic Trainers
- Nutritionists
- Musculoskeletal Radiologists

## WHO WE SERVE

We serve athletes of all levels, as well as physically active members of our community, from Little League baseball players to senior golf and tennis players, as well as everyone in between. Sports Medicine is about preventing and treating injuries and conditions so that you can begin or return, to the "sports and activities" you love, whether that "activity" is professional football, club soccer, or walking with your grandchildren. Truly, the goal is to allow you to reach your desired level of activity by optimizing musculoskeletal function,



minimizing pain, and addressing your orthopedic, nutritional, and pulmonary/cardiovascular health and well-being.

## WHAT SERVICES WE OFFER

Using the varied resources of the Holy Cross Hospital network, Holy Cross Sports Medicine provides high quality services within a state-of-the-art facility including:

**Pre-Participation Examinations** Before participating in a sport or engaging in a new rigorous exercise routine, such as cross-training, it is critical that you, first, identify any orthopedic deficiencies and evaluate your cardiovascular health. Not only can you correct many underlying problems and improve your safety, but this will also improve your performance. Holy Cross Sports Medicine offers a comprehensive pre-participation exam for individuals and teams that may include:

- A detailed musculoskeletal and vital organ examination
- Electrocardiography (EKG)
- Cardiovascular Stress Testing
- Cardiopulmonary Functional Testing (PFTs/VO2 Max)
- Concussion Neuropsychological Testing (ImPACT)
- Podiatric (Foot and Ankle) Examination
- Functional Capacity Examination (FCE)
- Functional Movement Screenings
- Upper Extremity (Shoulder, Wrist, Hand)

**Concussion Management** The multiple resources at Holy Cross Sports Medicine allow our comprehensive concussion team to care for the most complex issues, including traumatic brain injury. Holy Cross uses ImPACT™ to assist in the evaluation and management of concussion.

With the help of neurology, physical therapy, oculovestibular rehabilitation, proper activity progression, and, in some cases, medications, patient recovery can be optimized. But, the focus of Holy Cross Sports Medicine is on prevention. This is achieved with patient-athlete education, proper equipment evaluation, and reaction-time training.

**Running Medicine and Video Gait Analysis** Running is a true passion for many in South Florida, and the Holy Cross Sports Medicine team understands how frustrating it can be when that passion is hampered. There are very common musculoskeletal injuries and conditions that runners acquire. Not only should they be treated, but changes should be made to prevent recurrence and/or other problems. Using Video Gait Analysis, physicians and athletic trainers are able to evaluate mechanics and modify the runner's gait to improve safety, efficiency and performance. Sometimes significant deficiencies arise that require physical therapy to improve function and gait. However, most of the time, minor recommendations by our healthcare providers are enough to make major improvements in symptom management and performance.

**Orthobiologics Program** One of the newer advances in Orthopedics today is in the area of tissue regeneration. In the remote past, if traditional therapies failed for tendon tears, ligament sprains, and cartilage loss (arthritis), surgery was the only recourse. With the advent of platelet rich plasma and autologous mesenchymal stem cell therapies, you can have an in-office procedure that may alleviate your pain and improve your function, eliminating the need for an operation.

**Physical Therapy** The Holy Cross Orthopedic Institute's Rehabilitation Department is composed of Physical and Occupational Therapists. The Occupational and Physical Therapist works in close collaboration with the Orthopedic Physicians in order to provide highly skilled care with a focus on optimizing movement to improve life experiences. Many of our Holy Cross Physical and Occupational Therapists have undergone advanced training in manual therapy techniques in order to provide a hands-on approach to treating musculoskeletal and neuromuscular dysfunction. We provide highly skilled care with a focus on restoring function and improving quality of life for all patients.