



Sports Medicine Care

Our sports medicine specialists are focused on delivering the highest-quality advanced clinical care for both high-performance professional athletes as well as adults and children with sports or recreation-related injuries.

OUR TEAM

Our sports medicine specialists offer both non-surgical and surgical options as well as minimally invasive procedures to treat a wide range of sports-related medical conditions. Our physicians have a multidisciplinary treatment approach, working closely with physical therapists and athletic trainers, as well as with primary care sports medicine physicians, human performance experts, and sports nutritionists to coordinate care and optimize an athlete's recovery.

TREATMENT APPROACH

Our sports medicine service has a conservative approach to treating the majority of sports-related injuries with non-operative care. In fact, only one in 10 patients are treated with surgery. If surgery is recommended for an injury, we have experience in performing some of the most common surgical procedures including knee and shoulder arthroscopies, meniscectomies, ACL reconstructions, acromioplasties, rotator cuff repairs, shoulder stabilizations, and meniscal repairs. More complex procedures include complex cartilage restoration, meniscal transplantation, ligament reconstruction of the elbow, cultured chondrocyte transplantations, osteochondral plug transplantations, and complex and revision ligament reconstructions.

Arthroscopy of all major joints, including the knee, shoulder, elbow and ankle when appropriate, can aid in an athlete's rapid recovery and return to mobility. Our rehabilitation program is tailored to the athlete's injury and sport, and includes motion and strengthening exercises.



Be Treated Like a Pro

We are the orthopedic practice of choice and serve as team physicians for the St. Louis Blues Hockey team and all the Washington University athletic teams. Our physicians also provide medical coverage and consultation services to athletic teams at a number of local colleges and high schools.

Conservative Treatment

We approach each patient with a goal to return them to an active lifestyle with both conservative and surgical treatment options tailored to each individual patient's needs. **Only 1 out of 10 patients require surgery for their condition.**



COMMONLY TREATED CONDITIONS

- Achilles tendonitis
- Arthritis of the hip
- Anterior cruciate ligament (ACL)
- Articular cartilage injuries
- Compartment syndrome
- High ankle sprains
- Hip dysplasia
- Hip impingement
- Medial collateral ligament (MCL)
- Osteochondral defect (OCD) of capitellum
- Posterior cruciate ligament (PCL)
- Shoulder dislocation
- Shoulder or rotator cuff impingement
- Sports-related concussions
- Stress fracture
- Superior labrum anterior to posterior (SLAP) tears
- Tennis elbow (lateral epicondylitis)

COMMONLY PERFORMED PROCEDURES

- Acromioplasties
- Anterior cruciate ligament (ACL) reconstruction
- Arthroscopy of knee, shoulder, elbow, ankle, hip
- Autologous chondrocyte implantation
- Distal biceps repair
- Knee ligament reconstruction and revision
- Knee replacement
- Lateral ulnar collateral ligament reconstruction
- Meniscal repairs
- Meniscal transplantation
- Meniscectomies (removal of damaged knee cartilage)
- Meniscus debridement
- Meniscus repair
- Microfracture
- Osteochondral autograft and allograft
- Osteochondral plug transplantation
- Rotator cuff repair
- Shoulder instability treatment
- Platelet rich plasma (PRP) injections

SPECIALIZED SERVICES



Sports-Related Concussion Assessments

Evaluation of a concussion may include physical examination, memory and cognitive tests and a baseline computerized neuropsychological test to see how an athlete's brain is functioning. This also allows the physician to have a record to use for comparison if the athlete should sustain a concussion in the future.

RESEARCH AND CLINICAL TRIALS

We are nationally recognized for orthopedic research and premier clinical care. Our research program is consistently a top-funded orthopaedic program in the United States by the National Institutes of Health.¹ For information on current research and clinical trials available, please visit ortho.wustl.edu.

Source: ¹ Blue Ridge Institute for Medical Research
R 4-2018

Schedule an appointment:

 (314) 514-3500

 ortho.wustl.edu/Sports



 **Washington**[®]
University in St. Louis

Physicians

Orthopedics