

UCSF BENIOFF CHILDREN'S HOSPITALS

Sports Medicine Center for Young Athletes



- Sports Medicine Clinical Care
- Sports Physical Therapy
- Dance and Performing Arts Medicine
- Sports Concussion Program
- ACL Center of Excellence
- Community Outreach

(877) 822-4453 (877-UC-CHILD)
ucsfbenioffchildrens.org/sports-medicine


UCSF Benioff Children's Hospitals



UCSF Benioff Children's Hospitals' Sports Medicine Center for Young Athletes

is the Bay Area's most comprehensive pediatric sports medicine and orthopedic center dedicated exclusively to the evaluation and treatment of athletes ages 5 to 25. Staffed with a skilled interdisciplinary team of specialists who understand the unique needs of young athletes, we are a leading institution for sports injury prevention and management – from concussions to ACL injuries to complex surgical procedures. We also provide specialized programs to optimize athletic performance and improve the overall health and wellness of young athletes through community and school-based education and outreach initiatives.



Sports Medicine Clinical Care

Our team of board-certified, fellowship-trained physicians have pediatric expertise across multiple disciplines, including orthopedic surgery and primary care sports medicine. Together, they provide young athletes with specialized and coordinated sports medicine care. Our clinicians:

- Evaluate and treat acute and overuse musculoskeletal injuries including fractures, joint dislocations, tendinitis, growth-plate-related injuries, etc.
- Evaluate and treat medical conditions related to sports participation and performance (e.g., sport-related concussions, relative energy deficiency in sport, etc.)
- Work with all levels of young athletes, from recreational to elite
- Bring together the latest evidence-based treatment options supported by high-level research studies to provide the best care for our patients.



Sports Physical Therapy

Our sports medicine physical therapists provide expertise in pediatric sports injury management by utilizing evidence-based care and the most up-to-date rehabilitation techniques suited to growing bones, joints and muscles. Our sports medicine physical therapists:

- Teach patients how to manage and prevent injuries so they can stay healthy while achieving long-term sports performance goals
- Develop individualized care plans designed to reduce pain, restore optimal function and minimize the risk of recurring injuries
- Integrate the latest advances in sports science technology – including movement analysis and the use of anti-gravity treadmills – into the rehabilitation plan of care
- Provide motion analysis and return-to-sport testing individualized for each athlete.



Dance and Performing Arts Medicine

Our unique dance medicine program provides dance-specific training and whole-body conditioning tailored to each performing artist. We optimize proper techniques, provide early diagnosis and management of orthopedic injuries and help prevent future injuries.

Our interdisciplinary team works with performing artists to:

- Enhance performance by improving posture, balance and strength
- Evaluate injuries and prescribe an individually tailored therapeutic program
- Provide education on how to avoid injuries and stay healthy
- Incorporate Pilates-based rehabilitation.

The program is designed for all skill levels and types of performers, including:

- Dancers (ballet, jazz, hip-hop, lyrical, contemporary, tap, African, Irish, etc.)
- Gymnasts, cheerleaders, musicians, figure skaters.

Sports Concussion Program

As the region's premier institution for evaluating, diagnosing and treating sport-related concussions in young athletes, we help optimize recovery and enable a safe return to sports activities. Our multidisciplinary team includes experts in primary care sports medicine, neuropsychology, athletic training, physical therapy, neurology and physical medicine and rehabilitation, with additional resources available as needed in occupational therapy and audiology.



ACL Center of Excellence

The Sports Medicine Center for Young Athletes is one of the premier centers on the West Coast that provides complete 360-degree care of pediatric and adolescent athletes with ACL injuries. Our team of orthopedic surgeons, anesthesiologists, nurses, physical therapists and athletic trainers are specialized in the unique care that pediatric and adolescent athletes require. Our comprehensive approach includes:

- **Prevention.** We provide screening programs to identify risk factors for potential ACL injuries before they occur.
- **Diagnosis.** Our clinicians use advanced MRI techniques to aid in fast and accurate diagnosis.
- **Treatment.** We provide both surgical and nonsurgical ACL treatment options. We are one of the few centers in the region to perform ACL surgery that preserves the health of the growth plates in young athletes.
- **Rehabilitation.** Our team of rehabilitation specialists provides individualized, intensive physical therapy and rehabilitation to get athletes back into sports.

Community Outreach

CPR/AED and First Aid Certification

Open to athletic organizations and the general community, our certification classes include:

- Cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) and first-aid training for adults
- CPR and AED training for children and infants.

Community Education and Injury Prevention

We provide educational services for a wide range of athletic organizations, scholastic teams and club teams. We host lectures at our centers and are available to speak at schools and sports clubs. Our education programs cover topics such as:

- ACL injury prevention
- Concussion prevention, evaluation and treatment
- Dance and performing arts medicine
- Mental health and wellness
- Nutrition and hydration optimization
- Running safety
- Sports health and safety

Annual Cardiac Physicals

We're proud to offer free cardiac screenings and sports physicals once a year, usually in late spring, to 500 registered student athletes from San Francisco member high schools. All participants receive an on-site cardiac exam that includes an electrocardiogram (ECG) screening. This comprehensive exam screens for underlying medical and orthopedic abnormalities and can help prevent sudden cardiac death. Since 2009, this event has screened more than 4,500 student athletes and has unequivocally saved lives.



Athletic Training

Our team features certified athletic trainers (ATs) whose specialized scope of practice encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. These ATs provide services in a variety of Bay Area high schools, where they work to improve youth sport safety. Offerings include UCSF PlaySafe Sports Medicine Program, a program in which physicians and ATs screen and monitor high school athletes, prevent and care for injuries and determine when they can play safely.

Sports Nutrition

In partnership with the Clinical Nutrition Department at UCSF Benioff Children's Hospital Oakland, we offer individualized sports nutrition plans developed by a registered dietitian to support training, performance and recovery, all while promoting health and wellness in young athletes.



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Sports Medicine Center for Young Athletes

06.2023-WF129150

LOCATIONS

Fremont

1900 Mowry Ave., Suite 1
Fremont, CA 94538

Oakland

744 52nd St.
Oakland, CA 94609

Redwood Shores

290 Redwood Shores Parkway
Redwood City, CA 94065

San Francisco

1500 Owens St.
San Francisco, CA 94158

San Francisco (Mission Bay)

1825 Fourth St., Fifth Floor
San Francisco, CA 94158

San Francisco (Mount Zion)

2330 Post St., Room 460
San Francisco, CA 94115

San Ramon

2303 Camino Ramon, Suite 175
San Ramon, CA 94583

Walnut Creek

2401 Shadelands Dr.
Walnut Creek, CA 94598

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