

Success in sports means proper prevention and treatment of injuries

By St. Charles Hospital

The Sports Medicine Program at St. Charles Hospital provides student athletes, weekend warriors and professional athletes an unparalleled continuum of care for injuries sustained during play. The program connects St. Charles Hospital's renowned rehabilitation network, the ThinkSMART!™ Concussion Management Program and state-of-the-art diagnostic imaging services with the expertise of the nationally recognized physicians at St. Charles Orthopedics (SCO).

At St. Charles Orthopedics, athletes of all levels receive expert care by fellowship trained orthopedic and sport medicine physicians. Nineteen subspecialty physicians provide surgical and non-surgical care for shoulder, knee, hip, hand, wrist, elbow, foot and ankle injuries. Expert care of the spine is also a subspecialty of the practice.

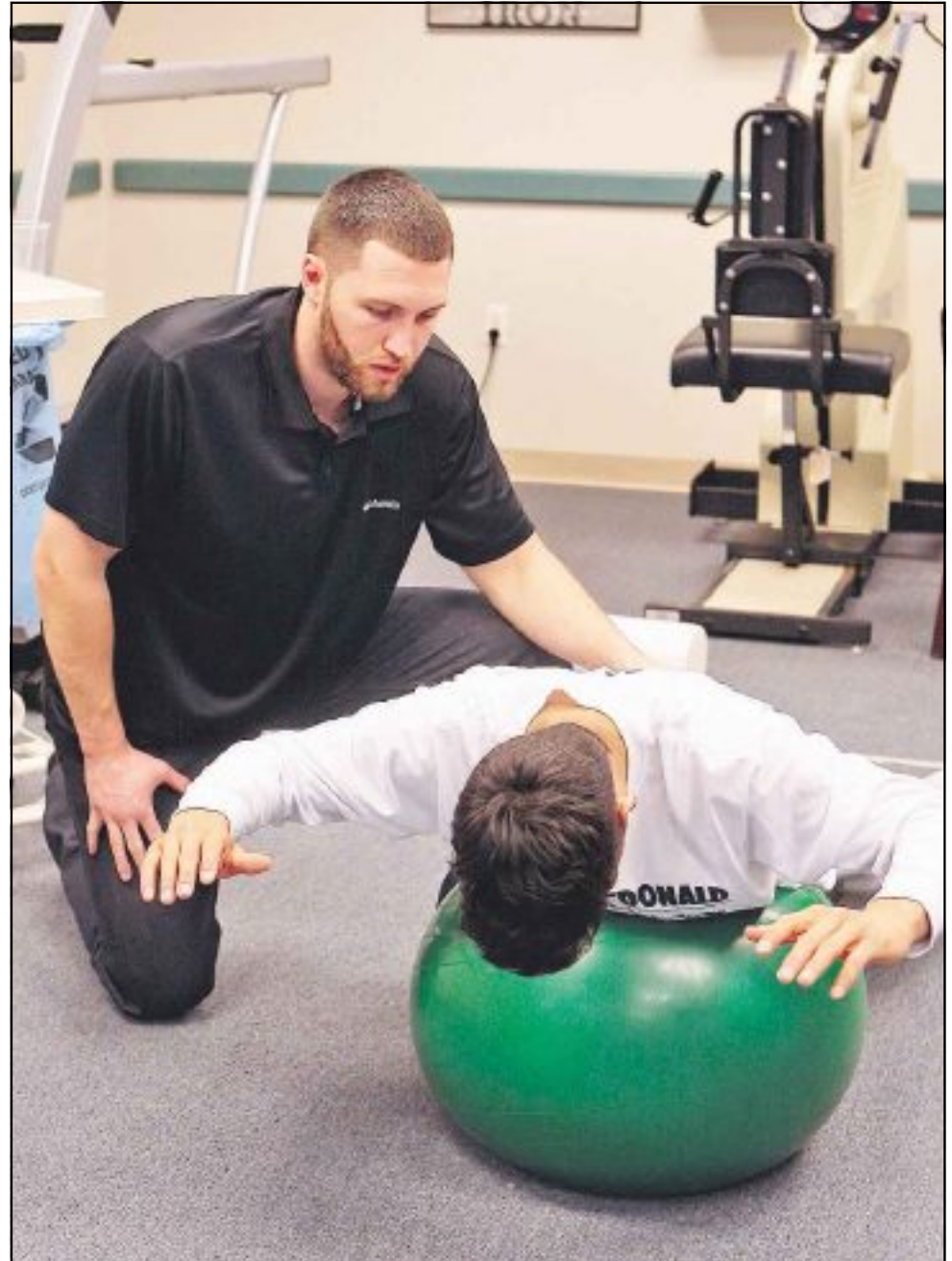
Unless otherwise indicated, physicians at St. Charles Orthopedics consider surgery the last resort and use innovative non-surgical methods to treat bone and muscle injuries. Cutting edge techniques include injecting a patient's own platelet rich plasma (PRP) into the injury site to heal damaged tissue. State-of-the-art imaging technologies, such as a 3T MRI and a 256-Slice CT, provide St. Charles physicians with the highest quality image to support an accurate diagnosis.

St. Charles Rehabilitation offers eight convenient outpatient

The St. Charles ThinkSMART!™ program has provided pre-season neurocognitive computer testing to athletes in more than 42 Long Island school districts.

locations throughout Nassau and Suffolk Counties, with an additional site opening soon in Commack. As key members of the Sports Medicine program, St. Charles physical therapists possess specialty training in the rehabilitation of sports injuries, provide school districts with education and training for injury prevention, and host free weekend recovery clinics for student athletes seeking relief from muscle tightness and soreness following game day.

The Sports Medicine Program at St. Charles also hosts ThinkSMART!™, a comprehensive concussion management program. ThinkSMART!™ physicians have extensive experience and training in the management of concussion and are prepared to assess, diagnose and treat concussed athletes to ensure a safe return to play. Student athletes can complete a computerized



A physical therapist at St. Charles Rehabilitation works on core strengthening with a student athlete.

neurocognitive exam, prior to their sports season, so that physicians can utilize the results as a baseline when diagnosing concussion.

St. Charles Hospital's ThinkSMART!™ program has provided pre-season neurocognitive

computer testing to athletes in more than 42 Long Island school districts.

For more information on the comprehensive Sports Medicine Program at St. Charles, call 631-474-6797.

TELL US WHERE IT HURTS

ST. CHARLES ORTHOPEDICS
PRESENTS THE MOST
EXTENSIVE BODY OF WORK
ON LONG ISLAND



WE'RE THE LARGEST ORTHOPEDIC
PRACTICE IN SUFFOLK COUNTY.
AND WE'RE HERE FOR YOU.

STCHARLESORTHOPEDICS.COM
631-474-6797



EAST SETAUKET - COMMACK
PATHCOGUE - RIVERHEAD - SOUTHAMPTON
WADING RIVER - WEST BABYLON

IT TAKES A TEAM TO PREVENT

SPORTS INJURIES

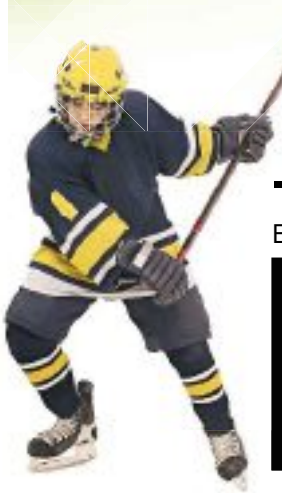


SPONSORED BY
St. Charles Hospital
Catholic Health Services
At the heart of health



Today, coaches, athletes and parents are upping their game to prevent sports injuries, from the elementary school level through high school and college. By adopting a team approach, they are mirroring some of the same prevention and rehabilitation techniques used by the pros—relying more on the expertise of physicians, athletic trainers and physical therapists to assess, treat and get players back into the game when they are fully healed and ready.

STAY IN THE GAME WITH THESE GUIDELINES



GET YOUR BLOOD FLOWING — ENERGIZE YOUR BODY

WARM UP FOR
10
MINUTES

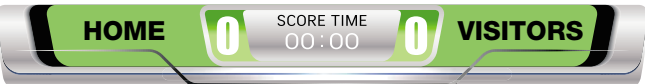
Experts say if done correctly, stretching prior to exercise gets blood flowing in the arms and legs, conditions muscles and decreases the risk of injury. **Tip to athlete:** Perform dynamic stretches (putting your muscles through actual movement) instead of static stretches (holding a fixed position for 30 seconds).

High school athletes
getting eight or more
hours of sleep are

68%
less likely to get
injured

GET THAT EDGE — SLEEP

Sleep is the foundation of great athletic performance. It enhances stamina, reaction time and decision making at play. **Tip to athlete:** Treat your body as you treat your smart phone. If it's not charged it won't perform. Aim for 10 hours of sleep per night.



SAFETY SCOREBOARD

RACK UP GAME POINTS BY FOLLOWING
THESE INJURY PREVENTION TIPS:

- **POWER DOWN** electronics at bedtime to give your body time to repair and recover from workouts.
- **DON'T RELY** on sports drinks to stay alert. They're overloaded with sugar and caffeine.
- **DON'T DRINK** more than a quart of water per hour while exercising.
- **AVOID** one-sport only focus until child has reached skeletal maturity (between the ages of 15 to 17).
- **LISTEN** to your body. If it seems off and you are not recovering from an injury, see a specialist.
- **CONCUSSION?** Returning to play before full recovery puts athletes at risk for "Second Impact Syndrome" and devastating, long-term complications. Get cleared by a doctor who is a concussion specialist.

CLOSE TO
90%
of sports injuries
can be treated
non-surgically

REST & RECOVER — HEAL WITHOUT SURGERY

Overtraining causes repetitive stress and injuries to bones and muscles. Running, jumping, throwing can cause tears, stress fractures and tendonitis.

Tip to athlete: Rest up.

Non-surgical treatments include physical therapy, exercise-based treatments and Platelet Rich Plasma (PRP) injections.

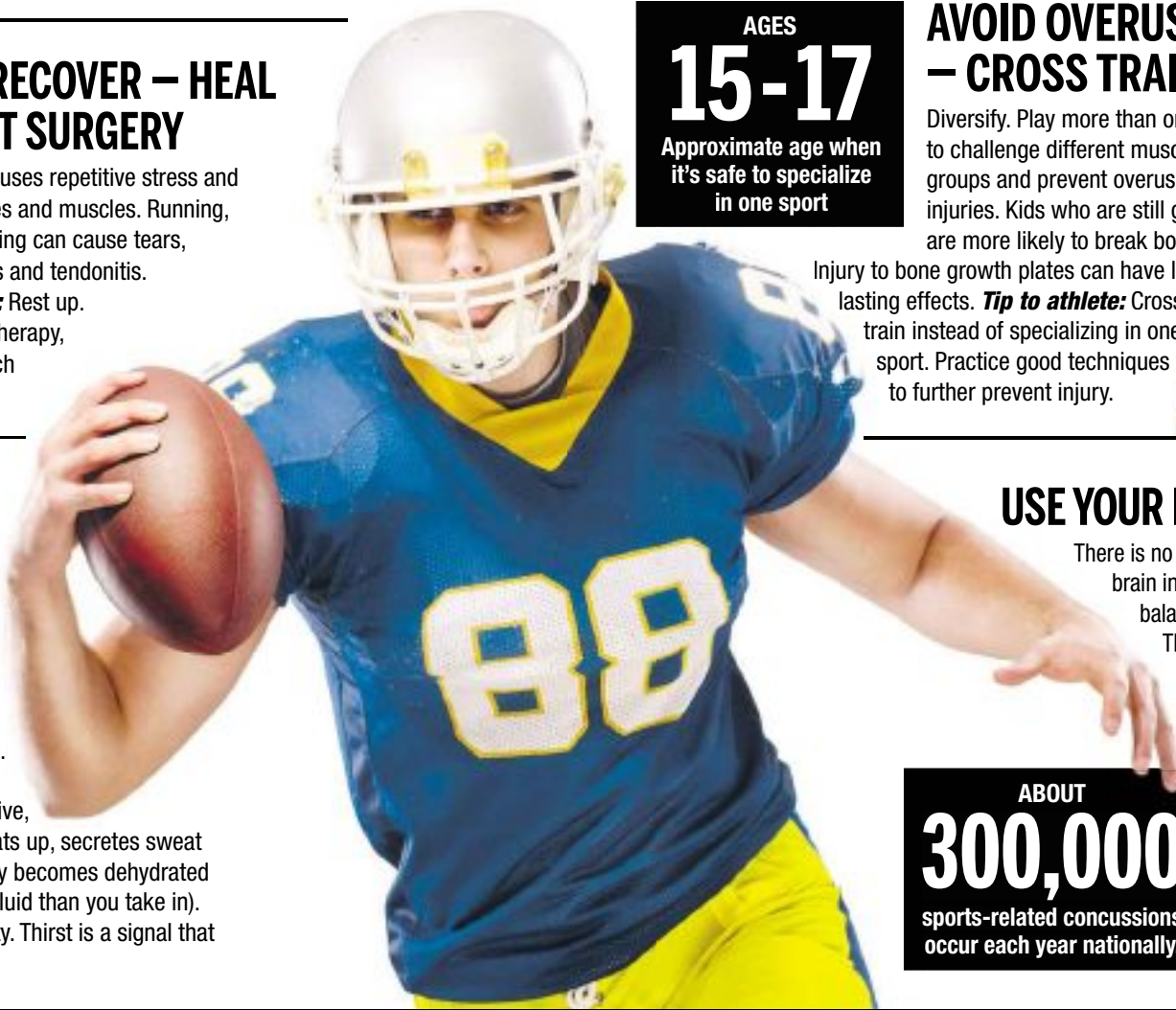
AGES
15-17

Approximate age when
it's safe to specialize
in one sport

AVOID OVERUSE INJURY — CROSS TRAIN

Diversify. Play more than one sport to challenge different muscle groups and prevent overuse injuries. Kids who are still growing are more likely to break bones.

Injury to bone growth plates can have long lasting effects. **Tip to athlete:** Cross train instead of specializing in one sport. Practice good techniques to further prevent injury.

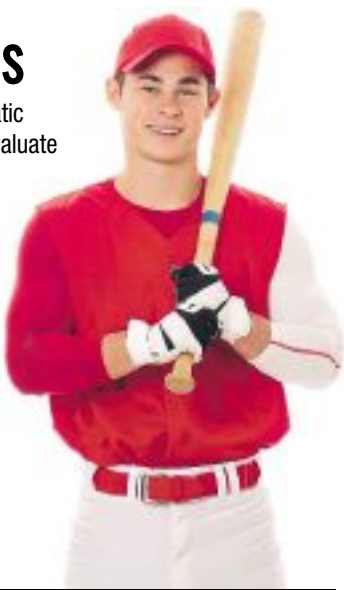


USE YOUR HEAD — MANAGE CONCUSSIONS

There is no single test or study to diagnose a concussion—a traumatic brain injury that can cause long-term dysfunction. Physicians evaluate balance, vision, reaction time, motor speed and memory. They also follow such signs and symptom as headache, dizziness, nausea, and concentration issues. **Tip to athlete and parents:** Recovery is a team effort. Work with doctors, coaches and teachers to ensure recovery is complete before returning to play. Seek out physicians specializing in concussion assessment and treatment. Ask about your school district's concussion management practices and pre-season baseline testing.

ABOUT
300,000
sports-related concussions
occur each year nationally.

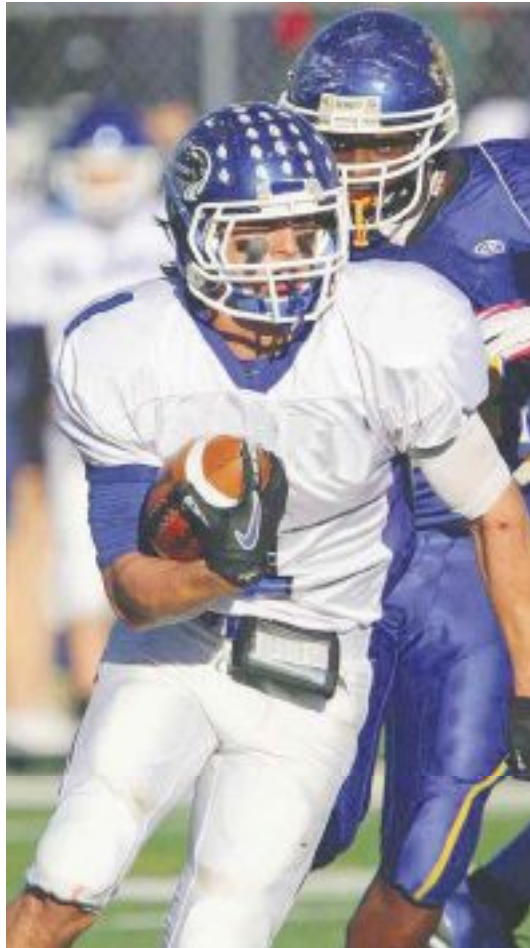
To learn more about youth sports safety, go to:
stcharles.org/sportsmed; cdc.gov/headsup/youthsports.



LET OUR TEAM GET YOU
BACK IN THE GAME

ST. CHARLES SPORTS MEDICINE

ONE COMPLETE PROGRAM WITH A
MULTI-SPECIALTY TEAM WORKING
TOGETHER TO GET YOU BACK IN THE GAME!



Injury Care
Prevention - Assessment
Treatment: Surgical & Non-Surgical
Education

Concussion Management Program:
Concussion Education - Pre-Season Baseline Test
Concussion Center with Physicians Specialized in Concussion
Return to Play Plan

Physical Therapy:
Prevention - Evaluation - Treatment
Performance Enhancement

School Program:
Post-Game Recovery Clinics
Game Coverage by Orthopedic Physicians & PAs
Sports Injury Prevention Education & Training

AN EXPERT TEAM OF SPORTS MEDICINE
SPECIALISTS PROVIDING QUALITY CARE
TO ALL LEVELS OF ATHLETES

STCHARLES.ORG/SPORTSMED
631-474-6797



St. Charles Hospital
Catholic Health Services
At the heart of health

200 Belle Terre Rd., Port Jefferson, NY

Healthlink Health Events Calendar

August-September

2017

*Subject to change. Please call or check website for program updates.

AUGUST



16

WEDNESDAY

5th Annual Heart & Soul Symposium: Head, Shoulders, Knees & Toes

Captain Bill's Restaurant,
Bay Shore. 10:30 a.m. – 3 p.m.

Hosted by Good Samaritan Hospital. Keynote Speaker: Marty Lyons, former New York Jets football player and Jets radio color commentator. Workshop topics: Stroke Health, Shoulder Pain, Hip & Knee, and Foot Care. FREE admission. Registration required. Call 631-376-4444 for details.



29

TUESDAY

Parenting 101: Raising Happy & Healthy Kids

Cohen Children's
Medical Center

269-01 76 Ave., Room 337, New Hyde Park
FREE, to register call 718-470-3359. Presented
by Cohen's Children Medical Center & Katz
Institute for Women's Health/Northwell Health.
Go to northwell.edu/support-and-resources

SEPTEMBER

**SEPTEMBER IS HEALTH OBSERVANCES
MONTH FOR MANY HEALTH CONDITIONS,
INCLUDING THE FOLLOWING:**

National Childhood Obesity Awareness Month
President's Council on Fitness, Sports &
Nutrition (fitness.gov)

**National Cholesterol Education
Awareness Month**

National Heart, Lung & Blood Institute
(cdc.gov/features/cholesterolawareness)
Also, see article on p. 21

National Ovarian Cancer Awareness Month
National Ovarian Cancer Coalition, Inc.
(ovariancancerawareness.org)

National Sickle Cell Disease Awareness Month
Sickle Cell Disease Association of
America, Inc. (sicklecelldisease.org)



09

SATURDAY

2nd Annual Long Island CRPS/RSD Awareness Walk

Eisenhower Park, East Meadow.
Walk to raise awareness and

funding to find a cure for Reflex Sympathetic
Dystrophy Syndrome (RSDS), a disabling neurologic
disorder. Registration starts at 8 a.m. Fees for
adults, children, and virtual walkers. Go to rdsd.org/event/2nd-annual-long-island-crpsrd-awareness-walk,
or call Samantha Anderson, 508-942-2141.

10

SUNDAY

Sunday Recovery Clinic:

Repeats weekly. For athletes
in all sports. Recover between
games to prevent injury:
Stretching, ice baths, NormaTec
massage, Marc Pro e-stim,

work with physical therapists, 10am-1pm, FREE
(Parental waiver required for under 18 yrs.) RSVP:
St. Charles Rehabilitation - Centereach (631) 580-2526
RSVP: St. Charles Rehabilitation- Patchogue (631)
207-2370. Learn more: www.stcharles.org/sportsmed

20

WEDNESDAY

Parkinson's Disease Support Group

Feinstein Institute for Medical
Research/Northwell Health
350 Community Dr., Manhasset.

FREE. Time: 2:30 p.m. – 4 p.m. Call to register,
516-325-7000, or visit: feinsteininstitute.org.
This group is open to anyone with Parkinson's disease,
as well as family, friends, and caregivers.



21

THURSDAY

Diabetes Management Symposium

Get answers to your questions.
St. Charles Hospital,
Port Jefferson

9am-2pm, FREE (Includes lunch) RSVP: Call
(631) 474-6797 or stcharles.org/diabetesevent



27

WEDNESDAY

Women's Wellness Ask the Experts: Women's Cancers

LI Marriott, Uniondale
101 James Doolittle Blvd.

6:30 p.m. – 8:30 p.m. \$20. Register with a friend
and receive \$5 off each with promo code KIW. For more info and to register, call 885-850-KIWH
(5494), northwell.edu/kiwh. Presented by the Katz
Institute for Women's Health/Northwell Health.

28

THURSDAY

Fall Prevention Awareness Day

NYU Winthrop Wellness Pavilion
1300 Franklin Ave., Garden City
Suite ML-5

FREE, 9:15 a.m. – 4 p.m. Reservations Required.
Call 1-866-WINTHROP.