



UCSF Benioff Children's Hospitals

Sports Medicine Center for Young Athletes



**Orthopaedics | Primary Care Sports Medicine
Sports Physical Therapy | Athletic Training | Athlete Development
Dance Medicine | Sports Concussion Program | Nutrition**

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



Our pediatric-trained orthopaedic specialists work together to provide young athletes with specialized and coordinated sports medicine care

- Our physicians specialize in treating children, teens, and young adults with musculoskeletal injuries and medical problems related to sports performance. We understand how a growing child's bones are different from an adult's bones in how they fracture and how they heal.
- We are a team of board-certified and fellowship-trained physicians from multiple disciplines, including orthopaedic surgery and primary care sports medicine—making us the region's most comprehensive sports medicine and orthopaedics group specializing in young athletes.
- Our team works with all levels of young athletes, from recreational to elite. Our physicians provide care for Bay Area sports clubs as well as UC Berkeley athletic teams, U.S. Olympians, and Paralympians.
- Each year, our orthopaedic team attends to more than 13,000 patient visits and performs over 1,000 surgeries, bringing together the latest techniques, research, and technology to provide the best care for our patients.

Sports Medicine Physician Team



Nirav K. Pandya, MD
Pediatric Orthopaedic Surgeon;
Director, Sports Medicine Center
for Young Athletes



Anthony Luke, MD, MPH
Director, Primary Care
Sports Medicine;
Benioff Distinguished Professor
in Sports Medicine



Christina Allen, MD
Orthopaedic Surgeon



Mitul Kapadia, MD
Pediatric Rehabilitation;
Sports Concussion Program



Ravinder K. Brar, MD, MPH
Pediatric Orthopaedic Surgeon



Lisa Lattanza, MD
Orthopaedic Surgeon,
Hand and Upper Extremity



Cindy J. Chang, MD
Primary Care Sports Medicine;
Sports Concussion Program



Kristin Livingston, MD
Pediatric Orthopaedic Surgeon



Nicholas Colyvas, MD
Orthopaedic Surgeon



C. Benjamin Ma, MD
Chief, UCSF Sports Medicine
and Shoulder Service



Mohammad Diab, MD
Pediatric Orthopaedic Surgeon;
Chief UCSF Pediatric Orthopaedics



Lionel Metz, MD
Pediatric Orthopedic Spine Surgeon



Brian Feeley, MD
Orthopaedic Surgeon



Coleen S. Sabatini, MD, MPH
Pediatric Orthopaedic Surgeon;
Director and Chief, UCSF Benioff
Children's Hospital Oakland Division
of Orthopaedics



Eric J. Freitag, PsyD, FACP
Clinical Neuropsychologist;
Sports Concussion Program



Carlin Senter, MD
Primary Care Sports Medicine;
Sports Concussion Program



Jason Jagodzinski, MD
Pediatric Orthopaedic Surgeon



Alan Zhang, MD
Orthopaedic Surgeon



We offer a full-service sports medicine center in an exclusively pediatric medical setting.

Sports Physical Therapy

We work exclusively with young athletes

Our pediatric focus gives us unparalleled expertise in caring for pediatric sports injuries. We stay current with advancements in orthopaedic care and rehabilitation techniques that are suited to growing bones, joints, and muscles.

Our sports medicine therapists:

- Teach patients how to manage and prevent injury so they can achieve long-term sports performance goals and, ultimately, long-term health benefits.
- Examine each athlete and develop a plan, using treatment techniques to reduce pain, restore optimal function, and prevent disability.
- Work with athletes to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more injury-resistant young athletes.
- Utilize the latest in sports science technology by incorporating movement analysis in an athlete's rehabilitation plan of care.

AlterG® Anti-Gravity Treadmill

An air-sealed chamber around the midsection uses air pressure to unweight athletes up to 20 percent of their body weight to minimize the impact to joints and bones. Benefits include:

- Lower impact on joints
- Optimal stride length and cadence
- Allowance for fitness retention throughout rehabilitation
- Enhancement of rehabilitation after surgery.

Contact

Oakland, 510-428-3558

San Francisco, 415-353-7797

San Ramon, 925-979-3450

Walnut Creek, 925-979-3430



We assess and treat injuries at high school athletic events and are a part of the school's medical team.

Athletic Training

ATHLETIC ORGANIZATIONS • SCHOOLS • CLUBS • TOURNAMENTS

We provide on-site sports medicine coverage to:

East Bay High Schools

Amador Valley • Athenian • Alameda
• Albany • Berkeley • Dublin • Foothill
• Granada • Livermore • Piedmont •
Pittsburg • Sausalito • St. Joseph
Notre Dame

SFUSD High Schools

Academy of Arts and Sciences
• Balboa • Burton • Galileo • June
Jordan • Abraham Lincoln • Lowell •
Thurgood Marshall • Mission • John
O'Connell • San Francisco International
• Wallenberg • George Washington

SF Private/Charter High Schools

Stuart Hall • Convent • Archbishop
Riordan • St. Ignatius

TUHSD Marin County High Schools

Redwood • Sir Francis Drake •
Tamalpais

Sporting Events

Our certified athletic trainers collaborate with UCSF Benioff Children's Hospitals sports medicine physicians to provide on-site medical coverage at an hourly rate or on a contract basis for special community events, one-day tournaments, and multiple-day events and tournaments.

Bay Area Club Teams

We provide services to a wide range of athletic organizations and scholastic and club teams. Services include lectures, camps, clinics, and athletic trainer staffing.

El Cerrito Youth Baseball League •
Golden Gate Rugby Club • Liberty
Gymnastics • Marin Highlanders
Youth Rugby • NorCal Premier Soccer
League • Oakland Athletic League •
Oakland Ice Youth Hockey • Oakland
Warhogs Rugby • Orinda Aquatics • SF
Golden Gate Youth Rugby • Tottenham
Hotspur East Bay • TriCity Elite Gym
• U.S. Figure Skating • U.S. Tennis
Association, Northern California Section
• Youth Movement Running Club

CPR/AED and First Aid Certification

We offer certification classes for:

- Adult CPR/AED and First Aid
- Adult/Child/Infant CPR & AED

Programs are open to the community and athletic clubs. Classes are held the first Thursday of the month at our Oakland and Walnut Creek campus locations. Go to www.bitly.com/bch-cpr for class details.

To arrange athletic training services for your teams or sporting events, please contact:

East Bay

Bruce Valentine, PTA, ATC, 925-979-3437

San Francisco, Marin County, Peninsula

Derek Hirai, ATC, 415-885-3819



**We are the Official
Sports Medicine
Center for the
North Coast Section**



We don't simply provide a good workout;
we develop athletes.

For the complete list of group training classes,
go to www.bitly.com/ucsf-sportsclasses



Athletic Development Program

Group and Individual Training

We offer a wide range of athlete development programs (ADP) for young athletes of all levels. Individual and sport-specific training is provided to athletes year-round.

ADP Programs

Individual Sport Trainings

Train one-on-one or in a semi-private session and experience an exercise program specifically designed to meet your personal and athletic fitness goals. Cost per session: \$150 evaluation; \$65 follow-up

Group Training

1. FAST: Functional Strength, Agility, Speed, Training is a 60-minute class that teaches a progressive approach to speed and agility performance and introduces the proper techniques of functional strength training and power exercises.
2. Pilates Program: Stabilize your core, improve your posture, and gain flexibility.

Cost: \$144 for 12 classes

Sport-Specific Performance Training

Six-week sport-specific training with pre- and post-testing. Maximum of 10 athletes per instructor.

Team Sport Testing and Training

Whether in season or off season, ADP will help maximize the development of each player's speed, quickness, strength, movement skills, energy system conditioning, mobility, and stability. Instructors focus on individual player needs and positional differences within a team group setting.

Contact

Ryan Sargent, MS, MBA, ATC
Program Manager, Athletic Development
925-979-3420



We offer individualized dance-specific training and whole-body conditioning tailored to each performing artist.

Dance Medicine

Our Dance Medicine care team:

- Understands the unique biomechanical requirements of a performer's feet, ankles, knees, hips and back.
- Enhances performance by improving posture, balance and strength.
- Evaluates injuries and prescribes an individually tailored therapeutic program.
- Educates dancers about how to avoid injury and stay healthy.
- Incorporates Pilates-based rehabilitation.

Benefits of the program

- Early diagnosis and management of orthopaedic injuries.
- Learn why a specific injury occurred and how to prevent it in the future.
- Optimize proper technique with corrective exercises.
- Obtain an individual sports nutrition plan that supports the performer's training, performance and recovery.

For all performance skill levels

- Dancers (ballet, jazz, hip-hop, lyrical, contemporary, tap, African, Irish, etc.)
- Gymnasts
- Cheerleaders
- Musicians
- Figure skaters

Dance Medicine team members

- Pediatric Orthopaedic Surgeons
- Primary Care Sports Medicine Physicians
- Physical Therapists
- Physical Therapy Assistants
- Registered Dietitians
- Certified Athletic Trainers
- Certified Pilates Instructors

Contact

Oakland, 510-428-3558

San Francisco, 415-353-7797

San Ramon, 925-979-3450

Walnut Creek, 925-979-3430



We are the region's premier resource for evaluating and treating young athletes with sports-related concussions.

Sports Concussion Program

The program

A sports-related concussion is a brain injury and can be serious. Getting help after an injury by specialists knowledgeable in the diagnosis and management of concussions may speed recovery. A referral to a sports concussion specialist should be considered if an athlete has suffered a blow to the head, neck or body and is experiencing one or more of the following symptoms:

- Confusion
- Difficulty concentrating or remembering things
- Dizziness or problems with balance or coordination
- Headaches
- Insomnia or excessive sleepiness
- Nausea
- Difficulty reading or studying.

For an acute sports-related concussion, athletes can be seen within 7 days. The initial evaluation may take up to 2 hours and consists of a thorough history and physical examination, a neuropsychological testing battery, balance and coordination testing, and visual oculomotor testing.

The team

Our multidisciplinary team includes experts in primary care sports medicine, neuropsychology, athletic training, physical therapy, neurology, physical medicine and rehabilitation, with additional resources available for consultation as needed in occupational therapy and audiology. With this combined expertise, our program evaluates, diagnoses, and manages any sports-related concussion and helps young athletes safely recover and return to sports.

Contact

Oakland, 510-428-3238

Walnut Creek, 925-939-8687

San Francisco, 415-353-1915



One of the few centers on the West Coast that provides 360-degree care of pediatric and adolescent athletes with ACL injuries.

ACL Center of Excellence

Anterior cruciate ligament (ACL) injuries are increasing in the pediatric and adolescent population at alarming rates. An ACL injury can be devastating to a young athlete both in the short and long term. UCSF Benioff Children's Hospitals house one of the few centers on the West Coast that offers complete care of the pediatric and adolescent athlete with such an injury.

Our comprehensive approach takes care of the athlete from start to finish:

Prevention: We provide injury screening to identify risk factors for a possible ACL injury *before* they occur.

Diagnosis: Our clinicians are trained to identify and diagnosis ACL injuries in the young, growing athlete.

Imaging: Our state-of-the-art imaging accurately and quickly aids in diagnosis using advanced MRI techniques.

Treatment: Our team of clinicians are trained in the operative and non-operative techniques of treatment of these injuries and can provide treatment options for patients with these injuries from young elementary school children up through college. We are one of the few centers in the area that provide ACL surgery which can preserve growth in the young athlete. In addition, our team of anesthesiologists and nurses are pediatric trained.

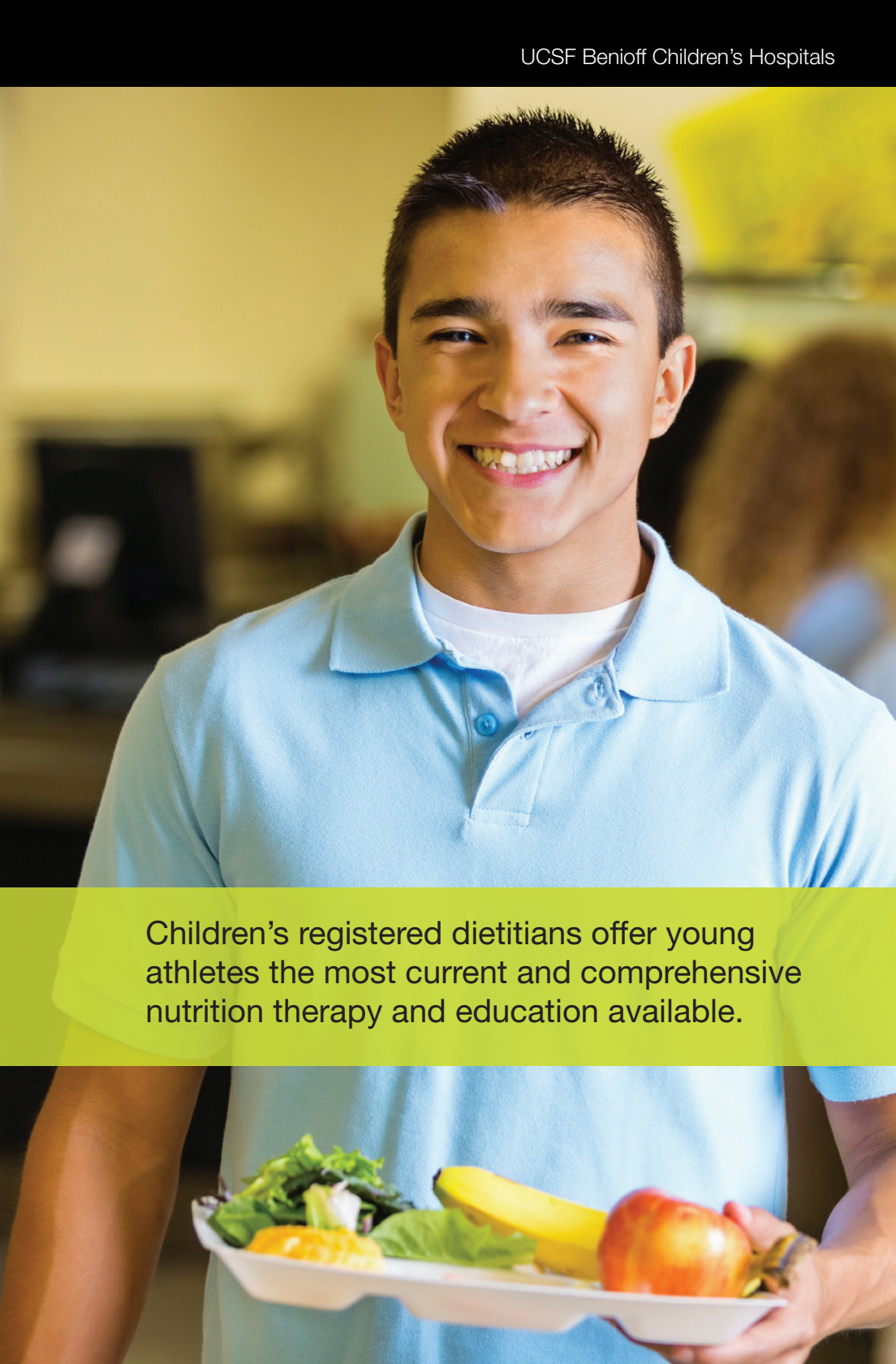
Rehabilitation: We understand the needs of the young athlete who undergoes reconstructive surgery are different than the adult. Our team of rehabilitation specialists provide individualized, intensive physical therapy and rehabilitation to get our young athletes back to the playing field.

Contact

Oakland, 510-428-3238

San Francisco, 415-353-2808

Walnut Creek, 925-939-8687

A young man with short dark hair, wearing a light blue polo shirt over a white t-shirt, is smiling broadly. He is holding a white plate with a variety of fresh fruits and vegetables, including a banana, a red apple, and a green salad. The background is a blurred indoor setting, possibly a kitchen or dining area.

Children's registered dietitians offer young athletes the most current and comprehensive nutrition therapy and education available.

Sports Nutrition

Services

A registered dietitian develops individualized sports nutrition plans that support the athlete's training, performance, and recovery, all while promoting health and wellness. Services are provided for young athletes, in or off season. Offered by UCSF Benioff Children's Hospital Oakland Clinical Nutrition Department and Sports Medicine Center for Young Athletes.

Appointments

UCSF Benioff Children's Hospital Oakland

Outpatient Center

744 52nd St., 5th Floor, Oakland

When: First Friday of every month

Phone: 510-428-3772

UCSF Benioff Children's Hospitals

Walnut Creek Campus

2401 Shadelands Dr., Walnut Creek

When: Last Friday of every month

Phone: 510-428-3772

Payment Options

Self-referrals and self-pay

For questions regarding scheduling or billing, please call the Clinical Nutrition Department at 510-428-3772.

Insurance

1. Go to www.bitly.com/CHOform to download the Standard Referral Form.
2. A primary care physician should complete the Standard Referral Form and fax to 510-995-2956.



Lectures offered throughout the year address the hottest topics in youth sports.

Community Education & Injury Prevention

LECTURES • WORKSHOPS • CAMPS

The program

We provide educational services to a wide range of athletic organizations, scholastic teams, and club teams.

Our educational opportunities include:

- Community and Inter-Professional Continuing Medical Education Conferences
- Community CPR and First Aid Education
- Sports Health and Safety Seminars
- Concussion Prevention, Evaluation, and Treatment
- ACL Injury Prevention
- Nutrition, Hydration, and Regeneration: Best practices for optimal performance

We host free monthly lectures at our centers, and we are available to speak at schools and sports clubs.

Sports Medicine Career Workshop For High Schoolers

Our annual Sports Medicine Career Workshop introduces high schoolers to careers in sports medicine. Held every spring, students experience lectures and hands-on labs, concerning many topics, including ankle injuries and taping techniques; wrist, hand, and thumb injuries, taping, and stretching techniques; shoulder injuries and rehabilitation; lower back injuries; and core training.

Annual Cardiac Physicals Program

We provide free cardiac screenings and sports physicals once a year (usually late spring) to 500 registered student athletes from San Francisco high schools. All participants receive an on-site cardiac exam that includes an ECG screening. Participants who require additional screening have an echocardiogram (ultrasound).

Contact

Ryan Sargent, MS, MBA, ATC, 925-979-3420
Derek Hirai, ATC, 415-885-3819



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



Greenbrae

415-353-2967
1300 South Eliseo, Suite 204
Greenbrae, CA 94904

Oakland

510-428-3558
744 52nd St.
Oakland, CA 94609

San Francisco

415-353-2808
Orthopaedic Institute
1500 Owens St.
San Francisco CA 94158

San Mateo

415-353-2808
101 South San Mateo Dr., Suite 205
San Mateo, CA 94401

San Ramon

925-979-3450
2303 Camino Ramon, Suite 175
San Ramon, CA 94583

Walnut Creek

925-939-8687
2401 Shadelands Dr., Suite 110
Walnut Creek, CA 94598

We are the Bay Area's most comprehensive sports medicine center that focuses exclusively on athletes ages 5 to 25.

- Orthopaedic Care
- Primary Care Sports Medicine
- ACL Center of Excellence
- Medical Issues Related to Sports Participation
- Sports Physical Therapy
- Athletic Training
- Athlete Development Program
- Dance Medicine Program
- Sports Concussion Program
- Sports Nutrition
- Community Education and Injury Prevention

