



Sports Medicine
Sports Performance
Spine
Shoulder
Rehabilitation
Pediatric Sports Medicine
Knee
Joint Replacement & Arthritis
Hip
Hand, Wrist & Elbow
Foot & Ankle
Concussion Management



Young bones and muscles are especially vulnerable to sports injuries, and require highly skilled care when an athlete is under the age of 15.

That's why Methodist Sports Medicine / The Orthopedic Specialists has dedicated, fellowship-trained sports medicine physicians to take extra special care of them.

Our orthopedic physicians and surgeons will recommend a treatment and rehabilitation program for your child that will enable them to enjoy many more years of physical activity.

Even if your child isn't planning to be the next star running back for the Indianapolis Colts, we'll make sure he or she receives All-Pro treatment.



Injuries/Conditions

Methodist Sports Medicine / The Orthopedic Specialists was the first practice in Indiana to have a specialist devoted solely to pediatric and adolescent sports injuries.

Today, we draw upon our years of experience and utilize the latest medical advances to accurately diagnose and treat a wide range of injuries involving:

- / Ankles
- / Hips
- / Elbows
- / Knees
- / Back
- / Shoulders

We also treat exercise-induced asthma, problems specific to young female athletes and other problems related to chronic diseases in young competitors.

Treatments

Rehabilitation is of the utmost importance following most pediatric and adolescent medical procedures. Our physical therapy staff is skilled and trained to treat athletes of all ages.

Depending upon the extent of the injury and the distance a patient would have to travel, our physical therapy department will either begin a rehabilitation regimen at one of our facilities, or teach the patient exercises to complete at home.

These exercise programs are crucial to the successful recovery of young patients.

Our staff will then monitor each patient's rehabilitation carefully, and alert the physician to anything that appears out of the ordinary.

If you know a young person who needs sports medicine care, don't delay in calling Methodist Sports Medicine / The Orthopedic Specialists.

Patients are scheduled as quickly as possible – usually within a day or two.

For more information, call Methodist Sports Medicine / The Orthopedic Specialists at **317.817.1200** or visit methodistsports.com.

