



The Sports Medicine Program



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CHLA.org





Kassidy got back on the balance beam thanks to the Children's Orthopaedic Center.

A Winning Team

The Sports Medicine Program, part of the Children's Orthopaedic Center at Children's Hospital Los Angeles, is California's only sports medicine program focused on the young athlete. The hospital's diverse team of sports medicine experts understands the issues unique to young athletes and how essential customized, age-appropriate care is to getting back in the game quickly and safely.

Our Mission

- Deliver accurate diagnoses and comprehensive treatments for young athletes
- Provide age-appropriate rehabilitation and preventive strategies for athletic injuries
- Work with the community to improve awareness of sports injury and prevention
- Pursue research to improve the management and prevention of sports injuries

The Sports Medicine Program is comprised of experts with specialized fellowship training in sports medicine and pediatrics, making it the optimal choice for young athletes who want to prevent injury, recover from an injury or maximize performance. Additionally, the program's multidisciplinary team of consultants includes:

- Nutrition experts
- Gait and rehabilitation specialists
- Neurologists and neurosurgeons
- Pain management specialists
- Asthma and breathing experts
- Neuropsychologists

The Right Care for Growing Athletes

The intensity of sports participation among children and adolescents is increasing, and as a result, the occurrence of overuse injuries and knee (ACL) tears have reached an epidemic level in young athletes. Injuries previously only seen in the adult population are now commonplace in children and teens, and require special consideration to address issues with growth plates (the weak links of growing bones) and maximize long-term recovery and sports participation. Experts at the Children's Orthopaedic Center are leaders in the field, employing the latest non-surgical techniques to facilitate speedy recovery and practicing the latest arthroscopic surgical techniques when necessary.

Conditions Treated

- Broken bones
- ACL and other ligament tears
- Sprains and strains
- Dislocations
- Stress fractures and other overuse injuries
- Concussions—pre-injury baseline evaluation and comprehensive post-injury evaluation and treatment
- Growth plate injuries
- Activity-related back pain, including spondylolysis, scoliosis, muscle strains, disc herniations and more
- Nutritional and supplemental issues
- Athletes with acute/chronic illnesses, including infectious mononucleosis, sickle cell disease, diabetes, exercise-induced asthma, altitude illness, heat illness and more

The Concussion Program

The significance of head injuries in sports is now getting the attention it deserves. What was previously described as a harmless “ding” is now understood to be a concussion. When not identified and properly treated, concussions can have significant long-term ramifications including poor school performance, memory loss, headaches and more. The appropriate care is finally being offered to players in the National Football League (NFL) and other professional athletes; the Children's Orthopaedic Center Sports Concussion Program provides that same level of evidence-based care to pediatric athletes.



Sisters Amber and Jasmine were back on the court in no time after ACL repairs.



Fast-Paced Care

Dedicated to helping young athletes be at their best, the Center's comprehensive Sports Medicine Program offers:

- Sports injury care, rehabilitation and prevention education
- Physicians trained in fracture management with same-day X-rays, splinting and casting
- Same-day or next-day appointments
- Monday morning "urgent" clinic at the Children's Orthopaedic Center – Santa Monica for expedient care of athletes injured over the weekend
- Late clinic hours on Tuesdays and Fridays (until 7 p.m.) at the Children's Orthopaedic Center – Santa Monica location
- Sports concussion diagnosis, management and return-to-play
- Detailed sports physicals with attention to prevention
- Community education for parents, athletic directors, coaches, athletic trainers and primary care providers
- Injections (corticosteroid, trigger point and platelet-rich-plasma)
- Gait analysis
- State-of-the-art motion evaluation in the Children's Orthopaedic Center Sports Motion Lab to prevent injury, promote expedited recovery from injury and maximize performance

OUR PHYSICIANS

BIANCA EDISON, MD, MS



Attending Physician
Assistant Clinical Professor,
Orthopaedics at the Keck
School of Medicine of the University
of Southern California (USC)

Specialties

- Female athletes
- Injury prevention
- Nutrition
- Overuse injuries
- Team physician

Education

Harvard University
Bocconi University, Milan, Italy
Baylor College of Medicine

Residency

University of California, Los Angeles

Athletic Interests

Ballet; tennis; swimming; skiing; hiking;
running; yoga

ANITA HERRERA HAMILTON, PHD, ABPP-CN



Director,
Neuropsychology Program
Assistant Professor of
Orthopaedics, the Keck School
of Medicine of USC

Specialty

- Pediatric neuropsychology
- Sports concussions and traumatic brain injuries

Education

University of California, Los Angeles
Fuller Theological Seminary School of Psychology

Residency

Children's Hospital Los Angeles

Fellowship

Children's Hospital Los Angeles

Athletic Interests

Running; marathons; golf

NINA LIGHTDALE-MIRIC, MD

Director, Upper Extremity Program
Assistant Professor of Clinical
Orthopaedic Surgery at the Keck
School of Medicine of USC



Specialties

- Congenital hand reconstruction
- Hand and arm injuries and fractures
- Microsurgery
- Birth brachial plexus palsy
- Cerebral palsy treatment of the upper extremity

Education

Princeton University
Dartmouth Medical School

Residency

Duke University

Fellowship

Hospital for Special Surgery

Training

Children's Hospital Boston
Texas Scottish Rite Hospital

Athletic Interests

Triathlons; marathons; national fencing champion



J. LEE PACE, MD

Director, Sports Medicine Program
Assistant Professor of Clinical
Orthopaedic Surgery at the Keck
School of Medicine of USC



Specialties

- Pediatric orthopaedics
- Pediatric sports medicine
- Sports-related conditions of the hip, knee, foot, ankle, shoulder and elbow
- Adolescent overuse injuries
- Trauma
- Team physician, LA Galaxy

Education

Southern Utah University
Boston University School of Medicine

Residency

University of Washington School of Medicine

Fellowship

Children's Hospital Boston
Children's Hospital Los Angeles

Athletic Interests

Snowboarding; hiking; weight training; racquetball; basketball; played high school football and wrestling

DEIRDRE D. RYAN, MD

Director, Spina Bifida Program
Assistant Professor of Clinical
Orthopaedic Surgery at the Keck
School of Medicine of USC



Specialties

- Neuromuscular diseases
- Trauma/fractures
- Hip disorders/DDH
- Knock knees
- Bow legs
- Foot disorders
- Limb-length discrepancy
- Angular deformities of the lower extremities

Education

Georgetown University
Georgetown University School of Medicine

Residency

Northwestern University

Fellowship

Children's Hospital Los Angeles

Athletic Interests

Various sports; hiking; yoga; pilates



DAVID SKAGGS, MD, MMM

Chief, Children's Orthopaedic Center; Director, Scoliosis and Spinal Deformity Program
Professor of Orthopaedic Surgery at the Keck School of Medicine of USC



Specialties

- Scoliosis
- Kyphosis
- Fractures
- Spinal deformities
- Hip disorders
- Complex trauma

Education

Amherst College
Columbia University College of Physicians and Surgeons

Internship

Columbia-Presbyterian Medical Center

Residency

Columbia-Presbyterian Medical Center

Fellowship

Children's Hospital Los Angeles
Columbia University

Athletic Interests

Martial arts; running; strength training; on Scientific Advisory Board for P90X Workout; youth soccer coach; college varsity soccer player and NCAA All-American hurdler

TRACY ZASLOW, MD

Medical Director,
Sports Medicine Program
Director, Concussion Program
Assistant Clinical Professor of
Orthopaedics at the Keck School
of Medicine of USC
Fellowship-trained in sports medicine



Specialties

- Sports medicine
- Fracture care
- Trauma
- Sports-related concussions
- Overuse injuries
- Injury prevention
- Team physician, LA Galaxy Soccer

Education

University of California, San Diego
New York Medical College

Residency

Children's Hospital Los Angeles

Fellowship

University of California, Los Angeles

Athletic Interests

Tennis; volleyball; running; hiking; yoga; skiing



Pro basketball player Pau Gasol witnessed Isabelle's spine-correcting surgery at the Children's Orthopaedic Center.