Sports Medicine
Presented By:
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Sports Medicine
What is it?
The branch of medicine concerned with the prevention and treatment of injuries or illness resulting from athletic activities.
History

• First recorded sports injury in book of Genesis
• “And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when (the man) saw that he prevailed not against (Jacob), he touched the hollow of his thigh; and the hollow of Jacob’s thigh was out of joint as he wrestled with him.”
Therapeutic Exercise

- Herodicus, 5th Century BC
- Iccus of Tarentum, 444 BC
  First text of athletic training
- Claudius Galen
  First team physician (gladiators)
American Sports Medicine

Edward Hitchcock

- 1854: appointed Amherst College’s first instructor of PE and hygiene
- Father of American PE
- First American team physician, sports medicine physician
American College of Sports Medicine

More than 45,000 members in over 70 occupations in sports and exercise science
American Orthopaedic Society of Sports Medicine

Nearly 3,000 orthopaedic surgeons specializing in the prevention and treatment of sport-related injuries
What is unique about Sports Medicine?

Focus on safe participation
AOSSM STOP Program
Heads-Up Hockey Video
What is unique about Sports Medicine?

Site of care

4949 Harlem Road Amherst, New York

3671 Southwestern Boulevard Suite 207 Orchard Park, New York
Concussion Prevention/Identification
What is unique about Sports Medicine?

Site of care
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Site of care
What is unique about Sports Medicine?

- Immediate or urgent aid to the injured participant
- Sideline or urgent care approach
What is unique about Sports Medicine?

Emphasis on safe, rapid return to desired activity
What is unique about Sports Medicine?

Non-operative treatment is much more common than other surgical specialties.
Thank you for your attention