

fowler kennedy sport medicine

fowler kennedy sport medicine is a renowned multidisciplinary clinic specializing in the prevention, diagnosis, treatment, and rehabilitation of musculoskeletal injuries and sports-related conditions. Established with a commitment to advanced patient care, Fowler Kennedy Sport Medicine integrates expert medical professionals, state-of-the-art technologies, and evidence-based practices to support athletes and active individuals at all levels. This article provides a comprehensive overview of Fowler Kennedy Sport Medicine, highlighting its services, specialized treatments, expert team, and innovative approaches to sports medicine. Whether addressing acute injuries or chronic conditions, Fowler Kennedy Sport Medicine is dedicated to restoring function and optimizing performance. The following sections delve into the clinic's core offerings, patient care philosophy, and the cutting-edge solutions that make it a leader in the field.

- Overview of Fowler Kennedy Sport Medicine
- Services Offered
- Expert Medical Team
- Innovative Treatment Approaches
- Patient Care and Rehabilitation
- Research and Education

Overview of Fowler Kennedy Sport Medicine

Fowler Kennedy Sport Medicine is a specialized healthcare facility dedicated to addressing sports injuries and musculoskeletal disorders through a comprehensive and integrated approach. Located within a prominent medical center, the clinic combines expertise from various disciplines including orthopedic surgery, physiotherapy, athletic therapy, and sports science. This multidisciplinary model ensures patients receive tailored treatment plans based on their individual needs, whether they are professional athletes or recreational participants.

Since its inception, Fowler Kennedy Sport Medicine has established a reputation for excellence in clinical care, research, and education. The clinic emphasizes a patient-centered philosophy, aiming to not only treat injuries but also promote injury prevention and optimal physical performance. Its collaborative environment fosters continuous advancements in treatment protocols and rehabilitation strategies.

Services Offered

Fowler Kennedy Sport Medicine offers a wide range of services designed to diagnose, treat, and rehabilitate sports-related injuries and musculoskeletal conditions. These services cater to patients of

all ages and activity levels, focusing on restoring function and preventing future injury.

Injury Assessment and Diagnosis

Accurate diagnosis is critical to effective treatment. Fowler Kennedy Sport Medicine employs advanced diagnostic techniques including clinical evaluations, musculoskeletal ultrasound, and imaging technologies such as MRI and X-rays. Experienced clinicians conduct thorough assessments to identify the root cause of pain or dysfunction.

Orthopedic Surgery

For complex injuries requiring surgical intervention, the clinic provides expert orthopedic surgical services. Procedures include arthroscopic surgeries, ligament reconstructions, tendon repairs, and joint replacements. The surgical team prioritizes minimally invasive techniques to promote faster recovery and reduce complications.

Physiotherapy and Rehabilitation

Post-injury or post-surgery rehabilitation is a cornerstone of Fowler Kennedy Sport Medicine's care model. Customized physiotherapy programs focus on restoring strength, flexibility, balance, and endurance. Rehabilitation specialists utilize manual therapy, therapeutic exercise, and modalities such as electrical stimulation and ultrasound therapy.

Sports Performance Enhancement

Beyond injury management, the clinic offers performance optimization services. These include biomechanical assessments, movement screenings, and tailored conditioning programs aimed at improving athletic capabilities and reducing injury risk during training and competition.

Concussion Management

Concussion and head injury protocols are integral to Fowler Kennedy Sport Medicine's offerings. The clinic ensures comprehensive evaluation, graded return-to-play guidelines, and cognitive rehabilitation to support safe recovery from neurological trauma.

Expert Medical Team

The success of Fowler Kennedy Sport Medicine is anchored by its multidisciplinary team of healthcare professionals who bring specialized knowledge and collaborative expertise to patient care.

Orthopedic Surgeons

Highly trained orthopedic surgeons at the clinic possess extensive experience in sports-related surgeries. Their expertise covers a broad spectrum of conditions, from acute trauma to degenerative joint diseases, ensuring precise surgical care.

Physiotherapists and Athletic Therapists

Physiotherapists and athletic therapists work closely to design and implement rehabilitation strategies that facilitate recovery and promote functional independence. Their hands-on and evidence-based approaches are tailored to each patient's goals and lifestyle.

Sports Medicine Physicians

Sports medicine physicians provide medical oversight, injury prevention counseling, and management of complex conditions such as concussions and chronic pain syndromes. Their role integrates medical science with athlete-specific considerations.

Support Staff and Researchers

The clinic also benefits from the contributions of kinesiologists, exercise physiologists, and research scientists who support clinical practice with data-driven insights and innovation.

Innovative Treatment Approaches

Fowler Kennedy Sport Medicine is committed to incorporating the latest advancements in sports medicine to enhance patient outcomes. The clinic integrates technology and novel therapeutic techniques to provide cutting-edge care.

Regenerative Medicine

Regenerative therapies such as platelet-rich plasma (PRP) injections and stem cell treatments are offered to promote tissue healing and reduce recovery times. These biologic therapies represent a growing area of interest in sports medicine.

Motion Analysis and Biomechanics

Advanced motion analysis systems are used to assess movement patterns, identify biomechanical abnormalities, and guide individualized treatment plans. This scientific approach helps optimize performance and prevent injury recurrence.

Telemedicine and Virtual Care

Recognizing the need for accessible healthcare, Fowler Kennedy Sport Medicine provides telemedicine consultations and virtual follow-ups. This approach ensures continuity of care and convenient patient engagement.

Patient Care and Rehabilitation

Comprehensive patient care at Fowler Kennedy Sport Medicine extends beyond initial treatment to include long-term rehabilitation and functional recovery. The clinic emphasizes education and empowerment throughout the healing process.

Individualized Rehabilitation Plans

Each rehabilitation program is tailored based on the patient's injury type, physical condition, and personal goals. These plans incorporate progressive exercises, manual therapy, and modality use to maximize recovery.

Return-to-Play Protocols

Structured return-to-play protocols ensure athletes safely resume training and competition. These protocols involve multi-phase assessments to confirm readiness and reduce the risk of re-injury.

Injury Prevention Strategies

Education on injury prevention, proper training techniques, and conditioning is provided to patients and athletes. Strategies include strength training, flexibility exercises, and sport-specific drills designed to enhance resilience.

- Thorough clinical evaluation and diagnostic testing
- Multidisciplinary treatment plans
- Cutting-edge surgical and non-surgical options
- Comprehensive rehabilitation and return-to-play guidance
- Focus on injury prevention and performance optimization

Research and Education

Fowler Kennedy Sport Medicine is actively involved in research initiatives aimed at advancing sports medicine knowledge and improving clinical practice. The clinic collaborates with academic institutions and participates in clinical trials to explore new treatment modalities.

Clinical Research Programs

Research at Fowler Kennedy includes studies on injury mechanisms, rehabilitation outcomes, and innovative therapies. These programs contribute valuable data that shape evidence-based care standards.

Educational Outreach and Training

The clinic also prioritizes education by providing training opportunities for medical students, residents, and allied health professionals. Workshops and seminars promote the dissemination of best practices in sports medicine.

Frequently Asked Questions

What services does Fowler Kennedy Sport Medicine offer?

Fowler Kennedy Sport Medicine provides specialized services including sports injury assessment, rehabilitation, physiotherapy, athletic therapy, and performance enhancement for athletes and active individuals.

Where is Fowler Kennedy Sport Medicine located?

Fowler Kennedy Sport Medicine is located at the University of Western Ontario in London, Ontario, Canada.

Who can benefit from Fowler Kennedy Sport Medicine services?

Athletes, active individuals, and anyone recovering from musculoskeletal injuries or seeking performance optimization can benefit from Fowler Kennedy Sport Medicine services.

Does Fowler Kennedy Sport Medicine offer injury prevention programs?

Yes, Fowler Kennedy Sport Medicine offers injury prevention programs designed to reduce the risk of sports-related injuries through education, conditioning, and proper technique training.

Can I book an appointment online with Fowler Kennedy Sport Medicine?

Yes, Fowler Kennedy Sport Medicine allows patients to book appointments online through their official website or by contacting their clinic directly.

What types of injuries does Fowler Kennedy Sport Medicine treat?

Fowler Kennedy Sport Medicine treats a wide range of injuries including sprains, strains, fractures, tendonitis, concussions, and post-surgical rehabilitation.

Are the clinicians at Fowler Kennedy Sport Medicine certified?

Yes, the clinicians at Fowler Kennedy Sport Medicine are certified professionals including physiotherapists, athletic therapists, and sport medicine physicians with specialized training in sports injuries.

Does Fowler Kennedy Sport Medicine collaborate with Western University athletics?

Yes, Fowler Kennedy Sport Medicine works closely with Western University athletics to provide medical support, injury management, and rehabilitation services to student-athletes.

What is the approach to rehabilitation at Fowler Kennedy Sport Medicine?

Fowler Kennedy Sport Medicine uses a personalized, evidence-based approach to rehabilitation focusing on restoring function, improving strength, and facilitating a safe return to sport or activity.

Does Fowler Kennedy Sport Medicine offer concussion management?

Yes, Fowler Kennedy Sport Medicine provides comprehensive concussion management including assessment, treatment, and return-to-play protocols following current clinical guidelines.

Additional Resources

1. Fowler Kennedy Sport Medicine: Principles and Practice

This comprehensive textbook covers the foundational principles and clinical practices in sport medicine, focusing on the multidisciplinary approach used at the Fowler Kennedy Sport Medicine Clinic. It includes detailed chapters on injury prevention, diagnosis, treatment, and rehabilitation of sports-related injuries. The book is ideal for medical students, residents, and allied health professionals aiming to deepen their understanding of sport medicine.

2. Clinical Sports Medicine at Fowler Kennedy

An in-depth guide to the clinical evaluation and management of sports injuries as practiced at the Fowler Kennedy Sports Medicine Clinic. The book emphasizes evidence-based assessment techniques, diagnostic procedures, and therapeutic interventions. It also includes case studies highlighting the clinic's approach to complex sports injuries.

3. Rehabilitation Techniques in Sport Medicine: The Fowler Kennedy Approach

This book details the rehabilitation protocols and therapeutic exercises used at Fowler Kennedy Sport Medicine to help athletes recover from injuries effectively. It covers manual therapy, strength training, and functional rehabilitation, with step-by-step instructions and illustrations. The focus is on restoring optimal performance and preventing re-injury.

4. Sports Injury Prevention and Management: Insights from Fowler Kennedy

Exploring strategies for preventing sports injuries, this book draws on research and clinical experience from the Fowler Kennedy Sport Medicine team. It discusses risk factors, conditioning programs, and athlete education as essential components of injury prevention. The text also provides guidelines for managing common sports injuries in various athletic populations.

5. Diagnostic Imaging in Sports Medicine: Fowler Kennedy Perspectives

A specialized resource on the use of diagnostic imaging modalities such as MRI, ultrasound, and X-rays in sports medicine, reflecting the standards at Fowler Kennedy. The book explains imaging techniques, interpretation of findings, and their clinical significance in diagnosing sports injuries. It is intended for radiologists, sports physicians, and physiotherapists.

6. Pediatric Sports Medicine: Fowler Kennedy Clinic Insights

Focusing on the unique aspects of sports medicine for children and adolescents, this book discusses growth-related injuries, prevention strategies, and age-appropriate rehabilitation protocols. The Fowler Kennedy Clinic's experience with young athletes is highlighted through case examples and treatment plans. It serves as a valuable guide for pediatricians and sports medicine practitioners.

7. Emergency Care in Sports Medicine: Fowler Kennedy Protocols

This practical manual outlines the immediate management of acute sports injuries and emergencies following the Fowler Kennedy Sport Medicine Clinic's protocols. Topics include on-field assessment, injury stabilization, and criteria for hospital referral. The book is essential for athletic trainers, emergency responders, and clinicians involved in sports injury care.

8. Nutrition and Performance in Athletes: Fowler Kennedy Perspectives

An exploration of the role of nutrition in athletic performance and injury recovery, based on research conducted at Fowler Kennedy Sport Medicine. The book covers dietary strategies, supplementation, and hydration tailored to the needs of athletes in various sports. It is useful for dietitians, coaches, and athletes seeking to optimize performance through nutrition.

9. Psychological Aspects of Sport Injury Rehabilitation: Fowler Kennedy Approaches

This book addresses the mental and emotional challenges athletes face during injury recovery, incorporating psychological strategies practiced at Fowler Kennedy. It discusses motivation, coping mechanisms, and mental skills training to support rehabilitation outcomes. The text is designed for sport psychologists, physiotherapists, and rehabilitation specialists.

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fowler kennedy sport medicine: Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, E-Book Brian J. Cole, Jorge Chahla, 2022-05-24 Ensure optimal outcomes from each shoulder, elbow, and knee sports medicine surgery with the consistent, step-by-step approach offered in this comprehensive reference. Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, 3rd Edition, covers both open and arthroscopic surgeries, providing the expert guidance you need on everything from patient positioning, anatomy, relevant biomechanics and the latest orthopaedic surgery techniques, through pearls and pitfalls and post-operative care. Contributing authors are renowned sports medicine surgeons who equip you with a global perspective on the most recent orthopaedic advances. - Covers the latest open and arthroscopic techniques for both common and not-so-common sports medicine pathologies. - Offers a comprehensive approach to each pathology including rehabilitation protocols and return-to-play criteria. - Contains more than 15 new chapters: First-time Shoulder Dislocation, Ulnar Collateral Ligament Reconstruction (various techniques), Managing Bone Loss on the Humeral Head, Cartilage Allografts for the Treatment of Cartilage Lesions of the Knee, and many more. - Provides up-to-date information on timely topics such as complex decision making for the patellofemoral joint, biologics and injection therapy for the management of osteoarthritis, and primary ACL repair techniques. - Highlights step-by-step text with numerous high-quality illustrations, surgical photographs, and MRIs and radiographs. - Includes access to an online surgical video collection covering Arthroscopic Rotator Cuff Repair: Double Row Techniques; Arthroscopic Repair of Multidirectional Instability of the Shoulder; Ulnar Collateral Ligament Repair and Reconstruction: DANE Technique; Double Bundle Anterior Cruciate Ligament Reconstruction; and Management of Proximal Tibiofibular Instability. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

fowler kennedy sport medicine: DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller, Stephen R. Thompson, 2014-04-04 The revised, streamlined, and reorganized DeLee & Drez's Orthopaedic Sports Medicine continues to be your must-have orthopaedics reference, covering the surgical, medical, and rehabilitation/injury prevention topics related to athletic injuries and chronic conditions. It provides the most clinically focused, comprehensive guidance available in any single source, with contributions from the most respected authorities in the field. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Be prepared to handle the full range of clinical challenges with coverage of both pediatric and aging athletes; important non-orthopaedic conditions involved in the management of the athlete; rapidly evolving techniques; and sports-related fractures. Understand rehabilitation and other therapeutic modalities in the context of return to play. Take advantage of in-depth coverage of arthroscopic techniques, including ACL reconstruction, allograft cartilage transplantation, rotator cuff repair, and complications in athletes, as well as injury prevention, nutrition, pharmacology, and psychology in sports. Equip yourself with the most current information surrounding hot topics such as hip pain in the athlete, hip arthroscopy, concussions, and medical management of the athlete. Remain at the forefront of the field with content that addresses the latest changes in orthopaedics, including advances in sports medicine community knowledge, evidence-based medicine, ultrasound-guided injections, biologic therapies, and principles of injury prevention. Enhance your understanding with fully updated figures throughout. Take a global view of orthopaedic sports medicine with the

addition of two new international section editors and supplemental international content. Access even more expert content in new Author's Preferred Technique sections. Find the information you need more quickly with this completely reorganized text.

fowler kennedy sport medicine: The Sports Medicine Physician Sérgio Rocha Piedade, Andreas B. Imhoff, Mark Clatworthy, Moises Cohen, João Espregueira-Mendes, 2019-04-12 This superbly illustrated book provides information of outstanding quality on the presentation and management of the entire range of sports injuries and conditions likely to be encountered by the sports medicine physician, as well as many other topics relating to sports activity, events, and outcomes. It is the product of close collaboration among members of several ISAKOS committees, and the chapter authors are clinicians and scientists from across the world who are acknowledged experts in sports medicine and orthopedics. The book opens by discussing fundamental topics and principles, covering subjects such as the biomechanics of injuries, physiological demands in sports practice, sports activity at different ages, nutrition and hydration, strength and conditioning, injury prevention, recovery, rehabilitation, and return to play. Subsequent chapters focus in depth on overtraining injuries, neurological disorders, sports trauma to different parts of the body, and special clinical conditions. Further topics to be addressed are different scenarios in sports (e.g., indoor vs outdoor), sports equipment, biologic treatment of sports injuries, major sporting events, and patient-recorded outcome measures.

fowler kennedy sport medicine: Osteotomies Around the Knee, An Issue of Clinics in Sports Medicine Annunziato "Ned" Amendola, Davide E Bonasia, 2019-05-11 Guest edited by Dr. Steven Moran, this issue of Hand Clinics will cover Current Concepts and Controversies in Scaphoid Fracture Management. This issue is one of four selected each year by our series Editor-in-Chief, Dr. Kevin Chung of the University of Michigan. Articles in this issue include, but are not limited to: Imaging for acute and chronic fractures, The vascularity of the scaphoid, Arthroscopic management of non-union, Vascularized grafts, Long-term outcomes of vascularized trochlear grafts for proximal pole reconstruction, The management of the healed scaphoid malunion, My technique for volar plating of scaphoid non-union, My technique for the management of scaphoid non-union, Volar vascularized grafts, Managing the athlete with a scaphoid fracture, among others.

fowler kennedy sport medicine: Controversies in ACL Reconstruction, An Issue of Clinics in Sports Medicine Darren L. Johnson, 2016-11-23 ACL reconstruction remains one of the most common orthopedic procedures performed today. This issue will discuss controversies that can arise. Articles to be included are: Diagnosis of ACL Injury: Epidemiology, mechanism of injury patterns, history, PE, and ancillary test findings including x-ray and MRI; Anatomy of the ACL: Gross, arthroscopic, and Radiographic as a basis of ACL surgery; Graft selection in ACL surgery: Who gets what and why; Management of the ACL injured knee in the skeletally immature athlete; Indications for Two-incision (outside in) ACL Surgery and many more exciting articles!

fowler kennedy sport medicine: Endurance Sports Medicine Timothy L. Miller, 2023-05-17 Providing a fresh update of this continuously evolving branch of sports medicine, this comprehensive yet practical guide focuses specifically on the treatment of athletes who train for and participate in endurance sporting events, including not only traditional endurance athletes such as runners, swimmers, bikers and triathletes, but also rowers, adventure racers, military personnel and cross-fit athletes. Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete's performance, this book is divided into three thematic sections. The first section covers common medical conditions faced by the endurance athlete, including cardiovascular conditions, asthma, and heat- and altitude-related illnesses, while also discussing gender differences, pregnancy and the pediatric and masters endurance athlete. Section two focuses on the management of common musculoskeletal conditions, such as stress fractures, overuse injuries of the soft tissue, shoulder and hip injuries, and exercise and osteoarthritis; this section now includes discussion of the use of cutting-edge orthobiologics. The last section presents performance optimization and event coverage, including gait and swim-stroke analysis, bike fitting, resistance training, mental preparation, optimizing nutrition, and how to organize medical coverage for events,

as well as decision-making for return to play. Completely updated and including brand new chapters, *Endurance Sports Medicine, Second Edition* remains a valuable guide for sports medicine physicians, orthopedists, athletic trainers, physical therapists, coaches, officials, and athletes in understanding the needs of the determined individuals who participate in endurance sports.

fowler kennedy sport medicine: Surgical Techniques in Sports Medicine Neal S. Elattrache, 2007 Featuring more than 950 photographs and drawings—including 500 in full color—this text offers step-by-step instructions on techniques for performing common and complex sports medicine procedures in the upper and lower extremities. Noted experts who have developed or perfected these techniques guide the reader in stepwise detail through each procedure. Where appropriate, the book covers both open and arthroscopic techniques for each injury or problem. Coverage includes the most current and cutting-edge techniques as well as traditional tried and true procedures in operative sports medicine.

fowler kennedy sport medicine: Master Techniques in Orthopaedic Surgery: Sports Medicine Freddie H. Fu, 2019-06-12 Part of the highly regarded Master Techniques in Orthopaedic Surgery series, *Sports Medicine, Second Edition*, is a concise, lavishly illustrated reference covering key sports medicine surgeries in step-by-step detail. Ideal for orthopaedic surgery sports medicine specialists, this Second Edition presents the preferred techniques of surgical masters, illustrated with full-color, sequential, surgeon's-eye view intraoperative photographs, as well as superb drawings by noted medical illustrators. Fourteen new chapters keep you fully up to date with recent changes in the field.

fowler kennedy sport medicine: Complications in Orthopaedics: Sports Medicine E-Book Stephen R. Thompson, Matthew Schmitz, 2020-07-29 One of the hallmarks of a master surgeon is the ability to navigate a wide variety of inevitable difficult situations in surgery, whether errors in judgment, technical mistakes, or unavoidable outcomes. *Complications in Orthopaedic Surgery* is a new series designed to provide real-world guidance on recognizing and avoiding errors, as well as how to course-correct during surgery. In this inaugural volume dedicated to sports medicine surgery, series editor Dr. Stephen R. Thompson and Dr. Matthew Schmitz describe and demonstrate practical solutions that are integral to improving patient outcomes. - Covers a wide variety of procedures, including meniscus repair and transplantation, revision ACL reconstruction, pediatric ACL surgery, cartilage surgery in adults and children, knee osteotomies, acromioclavicular surgery, hip arthroscopy, and much more. - Describes and offers solutions to the most common or most devastating errors and complications in the practice of sports medicine surgery, combining the breadth of knowledge of academic surgeons with the in-the-trenches skills of community surgeons. - Uses an easy-to-follow, standardized chapter format that covers preoperative errors, intraoperative issues, and postoperative complications. - Includes procedural video clips to reinforce discussions in the text. - Features a full-color design with numerous photographs, radiographs, and illustrations. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

fowler kennedy sport medicine: Netter's Sports Medicine, E-Book Christopher Madden, Margot Putukian, Eric McCarty, Craig Young, 2021-12-24 With comprehensive, highly visual coverage designed for sports clinicians, team physicians, sports medicine fellows, primary care physicians, and other health care professionals who provide care to athletes and active individuals, *Netter's Sports Medicine, 3rd Edition*, is an ideal resource for everyday use. Editors include three past presidents of the American Medical Society for Sports Medicine, it includes contributions from world-renowned experts as well as a rich illustration program with many classic paintings by Frank H. Netter, MD. From Little League to professional sports, weekend warriors to Olympic champions, and backcountry mountainside to the Super Bowl field, this interdisciplinary reference is indispensable in the busy outpatient office, in the training room, on the sidelines, and in preparation for sports medicine board certification. - More than 1,000 superb Netter graphics, tables, figures, pictures, diagnostic images, and other medical artwork highlight easy-to-read, bulleted text. - New coverage of esports, as well as other key topics such as travel considerations for the athlete, EKG

interpretation, cardiac disease, diagnostic imaging and ultrasound, injury prevention protocols, and mixed martial arts. - Up-to-date information on nutritional supplements, eating disorders, sports and pharmacology for chronic conditions and behavioral medicine, and extreme and adventure sports. - Designed for quick reference, with a logical organization by both topic and sport. - Online features include downloadable patient education handouts, and handy links.

fowler kennedy sport medicine: Precision ACL Reconstruction, An Issue of Clinics in Sports Medicine, E-Book Volker Musahl, Alan Getgood, 2024-06-01 In this issue of Clinics in Sports Medicine, guest editors Drs. Volker Musahl and Al Getgood bring their considerable expertise to the topic of Precision ACL Reconstruction. Top experts in the field cover key topics such as the timing of ACL surgery; non-operative ACL injury treatment; avoiding graft failure: lessons learned from the STABILITY trial; the role of osteotomy in ACL reconstruction; revision ACL reconstruction and associated procedures; and more. - Contains 15 relevant, practice-oriented topics including comprehensive clinical examination of ACL injury; value-based sustainable ACL surgery; complications in ACL surgery and how to avoid them; evaluation of outcomes after ACL reconstruction; rehabilitation and return to sport after ACL reconstruction; and more. - Provides in-depth clinical reviews on precision ACL reconstruction, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

fowler kennedy sport medicine: The Adolescent Athlete Lyle J. Micheli, Laura Purcell, 2010-04-26 Good health should be a goal of all children and adolescents, as well as the parents and guardians who care for them. Regular physical activity is part of achieving this goal. Sports can provide manifold benefits, including fitness, motor skill development, teamwork, and of course, fun. As with any pursuit that provides such benefits, however, there are risks involved, particularly for growing athletes. Physicians and other health professionals caring for active children should be able to provide appropriate care and advice for sport and fitness related medical issues. This book is written as a practical guide for those of us who provide care for young athletes. The focus is on musculoskeletal injuries that occur in this unique population, as well as conditions that may present as a musculoskeletal injury, but may have more serious consequences. The first section of the book focuses on rehabilitation and diagnostic imaging of musculoskeletal conditions in adolescents. The second section organized according to anatomical region addresses specific injuries that adolescents may sustain as a result of sport/activity participation. Each of these body part specific chapters begins with a review of the relevant anatomy, followed by details of clinical evaluation. Specific injuries, such as acute and chronic injuries, are described in detail, including the management/treatment of each condition.

fowler kennedy sport medicine: Articular Cartilage Lesions Brian J. Cole, M. Mike Malek, 2013-11-11 Drs. Cole and Malek, recognized leaders in the field, wrote this cutting-edge text to fill the void in the literature regarding the management of articular cartilage disease and meniscal deficiency. The book enables orthopedic surgeons to develop an evidence-based decision-making framework that guides the management of articular cartilage lesions. Carefully chosen contributors provide readers with a practical background in articular lesions, patient assessment, and management strategies. Subsequent chapters address the gamut of current surgical techniques, from arthroscopy and debridement to unicondylar arthroplasty, in a step-by-step manner. More than 500 detailed illustrations, many in color, help readers understand and master treatments. Case studies, which include preoperative planning and postoperative outcomes, reinforce the decision-making process. Nearly every permutation and treatment option is covered, making this text a prime resource for surgeons committed to exercising sound judgement.

fowler kennedy sport medicine: The Menisci Robert F. LaPrade, Elizabeth A. Arendt, Alan Getgood, Scott C. Fauchett, 2017-02-21 This book is a comprehensive journey through the pathogenesis and treatment of meniscal pathology. It details the elements that are necessary to properly understand, diagnose, and treat meniscal tears, ranging from vertical tears to radial tears

and root avulsions. Treatment techniques are thoroughly described and illustrated, with presentation of the latest evidence on outcomes. The algorithmic treatment of meniscal tears has undergone a rapid transformation. We have progressed from the initial treatments involving removal of the meniscus using an open technique, to the performance of partial meniscectomies and complex meniscal repairs by means of an arthroscopic technique. The current treatment goal is to maintain the biology and mechanical integrity of this vital knee structure, an aim too often disregarded by past generations of surgeons. An explosion of new knowledge, coupled with advances in arthroscopic and surgical technology, has paved the way for wider application of approaches that help to preserve the meniscus, in the hope of preventing or delaying the development of knee arthritis. This book will have utility for all clinicians who treat meniscal lesions and will serve as a valuable resource for years to come.

fowler kennedy sport medicine: Knee Arthroscopy and Knee Preservation Surgery Seth L. Sherman, Jorge Chahla, Robert F. LaPrade, Scott A. Rodeo, 2024-09-19 This major reference works brings together the current state of the art for joint preservation surgery of the knee, including arthroscopic and open procedures. Generously illustrated with radiographs and intraoperative photos, it presents the latest tips and techniques, providing the knee surgeon with the most up-to-date information for precise preparation and decision-making in this rapidly evolving area. This comprehensive guide is divided into ten thematic sections covering clinical evaluation; fundamentals of arthroscopic and open approaches; basic and advanced arthroscopic procedures; surgical management of meniscal disorders; management of ACL injuries; approaches to complex and multi-ligamentous injuries; limb malalignment; management of cartilage and subchondral bone; patellofemoral and extensor mechanism disorders; and rehabilitation and return to play considerations. Written by experts in the field, *Knee Arthroscopy and Knee Preservation Surgery* will be a highly valued resource for orthopedic and sports medicine surgeons, residents and fellows.

fowler kennedy sport medicine: The Multiple Ligament Injured Knee Gregory C. Fanelli, 2019-04-09 Now in its revised and expanded third edition, this practical text remains devoted to diagnosis and management of the multiple ligament injured/dislocated knee and related injuries. Topics addressed in the third edition include: issues of anterior and posterior cruciate and collateral ligament anatomy and biomechanics, non-invasive diagnostic methods, radiographic evaluation, arthroscopic evaluation, arthroscopic reconstruction demonstrating several techniques, posterolateral and posteromedial corner injuries and treatment, assessment and treatment of vascular injuries, assessment and treatment of nerve injuries, rehabilitation, and post-operative results, ACL-based multiple ligament injuries, articular cartilage resurfacing and meniscus transplant in the multiple ligament injured knee, treatment with external fixation, treatment of extensor mechanism disruptions, and advanced surgical techniques. New chapters in the third edition include direct nerve transfer for peroneal nerve injury, management of extensor mechanism disruption and patellar instability, multiple ligament knee injuries in professional athletes, internal bracing in multiple ligament knee reconstruction, multiple ligament knee injuries in the United States active duty military population, knee dislocations in the morbidly obese, multiple ligament knee injuries in patients 18 years of age and younger, and anterolateral ligament reconstruction in the multiple ligament injured knee. Generously illustrated with line art and intraoperative photographs, *The Multiple Ligament Injured Knee, 3e* is still the only book available that focuses exclusively on this topic for orthopedic surgeons, sports medicine specialists and all clinicians treating the knee.

fowler kennedy sport medicine: Controversies of the Anterolateral Complex of the Knee, An Issue of Clinics in Sports Medicine Freddie H. Fu, Marcin Kowalczyk, 2017-12-01 This issue of *Clinics in Sports Medicine*, guest edited by Dr. Freddie H. Fu, will cover Controversies of the Anterolateral Complex of the Knee. Anatomical description of the anterolateral complex of the knee; Biomechanical proof for the existence of the Anterolateral Ligament; Biomechanics of the anterolateral structures of the knee; Mechanical properties of the anterolateral structures and their clinical implications; Extra articular tenodesis in combination with ACL reconstruction; The role of

an extra-articular reconstructive surgery in primary ACL reconstructions; The role of an extra-articular tenodesis in revision ACL reconstruction; The effect of an extra-articular tenodesis on the contact pressure in the lateral compartment of the knee; and The state of the evidence in ALL research, among others.

fowler kennedy sport medicine: Revision Anterior Cruciate Ligament Reconstruction

Michael J. Alaia, Kristofer J. Jones, 2022-06-02 Anterior cruciate ligament reconstruction is one of the most common procedures performed in sports medicine centers. However, these procedures can carry a long-term failure rate as high as 5-15%, and when these procedures fail, revision is significantly more complex. Considerable factors need to be assessed in patients that are indicated for surgery, as revisions carry a higher failure rate and potentially less optimal outcomes and return to sport and activity. These factors include, but are not limited to, the status of the meniscus, overall alignment, graft options, placement of prior implants or tunnels, collateral ligament quality, and whether or not the revision must be staged into two procedures. This text provides a comprehensive, case-based presentation of the most efficient and practical treatment algorithms for patients in need of revision ACL repair and reconstruction. Opening chapters discuss the initial patient work-up, radiography, surgical indications, graft options, and pre-operative considerations and preparations. The main portion of the book then describes both common factors leading to revision surgery as well as the surgical techniques themselves, illustrated via plentiful operative photos and vivid clinical case material. The management of osteolysis, ligamentous laxity, extra-articular tenodesis, plane correction, and meniscus deficiency, among others, are discussed in detail. Special populations, such as the pediatric patient, the elite athlete and the female athlete, are discussed as well. Shedding light on this challenging surgical repair, Revision Anterior Cruciate Ligament Reconstruction is the go-to resource for sports medicine and orthopedic surgeons, knee specialists and residents and fellows in these areas.

fowler kennedy sport medicine: Posterior Cruciate Ligament Injuries Gregory C. Fanelli,

2013-04-17 POSTERIOR CRUCIATE LIGAMENT INJURIES: A PRACTICAL GUIDE TO MANAGEMENT, presents the orthopaedic surgeon an unprecedented review of the most recent and advanced knowledge needed to diagnosis and treat PCL injuries successfully. This comprehensive and practical volume covers everything from biomechanics and anatomy, non-operative treatment and rehabilitation to the latest surgical treatments of PCL injuries using arthroscopy, grafts and synthetic ligament substitutes. Each of this early written chapters is accompanied by a wealth of line drawings and photographs demonstrating both the surgical and non-surgical approaches to examination and treatment. For any orthopaedic surgeon confronted by knee injuries, this volume is fundamental reading.

fowler kennedy sport medicine: Cartilage Restoration Jack Farr, Andreas H. Gomoll,

2018-06-12 Now in a revised and expanded second edition, this practical text utilizes the most current evidence and knowledge of articular cartilage as the basis for clinical interventions for cartilage repair and restoration, combining an overview of clinical research and methodologies with clinical cases to help guide the orthopedic treatment and care of patients presenting with cartilage issues. Carefully updated chapters discuss the state-of-the-art in cartilage anatomy, defects and imaging, current tibiofemoral and patellofemoral surgical options, debridement and marrow stimulation, osteochondral autografts and allografts, osteotomies, cell therapy, and meniscal transplantation. New chapters explore new surgical treatment strategies and revision for failed cartilage repair, case vignettes presenting real-life treatment decisions and outcomes, and rehabilitation protocols following cartilage repair. Written and edited by experts in the field and bringing the most recent literature and research to bear, Cartilage Restoration remains a valuable resource on joint preservation for orthopedic surgeons, residents, and fellows, sports medicine specialists and rheumatologists.

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