

**HSS**



**Lerner Children's Pavilion**

HOSPITAL FOR SPECIAL SURGERY

**Leon Root, MD**

# **Pediatric Outreach Program**





## Program Goal

The overall goal of the Leon Root, MD Pediatric Outreach Program (POP) is to prevent injuries in young athletes participating in sports by offering them injury prevention screenings at no cost.

## Program Objectives

- Identify young athletes from diverse communities that would benefit from an injury prevention program
- Improve awareness of injury prevention programs to middle and high school athletes and coaches
- Provide athletes and coaches with feedback on how to improve deficient movement patterns to reduce the risk of injury
- Educate athletes on the importance of proper preparation for athletic activity



## Background

According to the Centers for Disease Control, more than 2.6 million children and adolescents are treated in emergency rooms in the United States each year for sports-related injuries. Overuse injuries account for nearly half of all sports injuries to middle and high school students. According to the CDC, more than half of all sports injuries in children are preventable. Young athletes are at a greater risk for injury than adults because their bones and muscles are still growing making them more susceptible to injury.



# POP Screening

POP screenings are performed on-site at schools and community based organizations. Each screening consists of Hospital for Special Surgery (HSS) experts guiding student athletes through a series of movements to detect inefficiencies in athletes' movement patterns and assess risk factors for sports injuries such as deficiencies in flexibility, strength, balance and posture.

## Who performs the screening?

The screening is performed by a multidisciplinary, diverse team of HSS orthopedic surgeons, physical therapists, orthopedic residents and nurses.

## What happens during the screening?

Students will be evaluated for bone, muscle, and joint problems related to his/her participation in sports, including assessment of vital signs and vision. A physical therapist conducts a movement analysis by having the athletes complete various exercises including squat, jumps, and more.

## How does a site prepare for the screening?

Members of the POP team work closely with school and community organization administrators to explain the screening process, determine screening dates and identify appropriate screening areas within the school or community organization. POP staff will provide consent forms for athlete participation and the site is asked to distribute and collect the signed forms from parents or guardians.



## **Do coaches need to be present during the screening?**

Yes. We recommend that coaches attend the screening. Recommendations for injury prevention will be provided to athletes and coaches during the screening. In addition, data will be compiled to provide a comprehensive summary of trends seen with the team.

## **What happens after the screening?**

Students may be referred for further musculoskeletal exam. Parents of students who are referred will be notified by phone and will receive a follow-up letter.

## **Injury Prevention Statistics**

Numerous studies have shown that Sport Injury Prevention Programs have been effective in reducing sport-related injury by 70%, including a dramatic decrease in ankle and knee injuries of young athletes who participate in an injury prevention program.

## **For More Information**

To find out more about POP program or to schedule a screening, please contact Vilma Briones, MA manager at [brionesv@hss.edu](mailto:brionesv@hss.edu) or 212.774.2886 or Dr. Daniel Green at [GreenDW@hss.edu](mailto:GreenDW@hss.edu) or 212.606.1631.



## About HSS

HSS is nationally ranked No. 1 in Orthopedics according to *U.S. News & World Report Best Hospitals 2016-17* rankings. HSS is a leader in sports medicine, rehabilitation and athletic training. A patient-centered hospital with the goal of providing the highest quality patient care, improving mobility, and enhancing the quality of life for all.



**Lerner Children's Pavilion**

HOSPITAL FOR SPECIAL SURGERY

535 East 70th Street  
New York, NY 10021

[hss.edu](http://hss.edu)