

illinois sports medicine & orthopedic surgery center

illinois sports medicine & orthopedic surgery center represents a pinnacle in specialized healthcare, offering comprehensive services dedicated to diagnosing, treating, and rehabilitating musculoskeletal conditions. This center combines advanced orthopedic surgery techniques with tailored sports medicine therapies to help patients recover and return to optimal function. With a team of highly trained orthopedic surgeons, sports medicine physicians, and rehabilitation specialists, the Illinois sports medicine & orthopedic surgery center addresses a wide range of injuries and disorders affecting bones, joints, ligaments, tendons, and muscles. This article explores the key aspects of the center's offerings, including its treatment approaches, common conditions managed, advanced surgical procedures, and rehabilitation programs. Additionally, it highlights the importance of patient-centered care and cutting-edge technology in enhancing outcomes. The following sections provide detailed insights into the comprehensive services available at the Illinois sports medicine & orthopedic surgery center.

- Overview of Illinois Sports Medicine & Orthopedic Surgery Center
- Common Conditions Treated
- Advanced Orthopedic Surgical Procedures
- Comprehensive Sports Medicine Services
- Rehabilitation and Physical Therapy Programs
- Patient Care and Technological Advancements

Overview of Illinois Sports Medicine & Orthopedic Surgery Center

The Illinois sports medicine & orthopedic surgery center is a specialized medical facility focusing on the prevention, diagnosis, and treatment of musculoskeletal injuries and disorders. It caters to athletes as well as individuals suffering from degenerative conditions, traumatic injuries, or chronic orthopedic problems. The center integrates a multidisciplinary approach involving orthopedic surgeons, sports medicine doctors, physical therapists, and support staff to provide holistic care. Utilizing the latest diagnostic tools and minimally invasive surgical techniques, the center aims to deliver personalized treatment plans that optimize recovery and improve quality of life.

Multidisciplinary Team of Experts

The center's multidisciplinary team includes board-certified orthopedic surgeons, sports medicine specialists, physical therapists, and pain management professionals. This collaborative approach ensures comprehensive

evaluation and treatment, addressing both the immediate injury and long-term functional goals. Each specialist contributes expertise to design individualized care plans tailored to the patient's specific needs and lifestyle.

State-of-the-Art Facilities

Equipped with modern operating rooms, advanced imaging technologies such as MRI and CT scans, and dedicated rehabilitation spaces, the Illinois sports medicine & orthopedic surgery center delivers superior diagnostic accuracy and treatment efficacy. The facility emphasizes minimally invasive procedures when possible, reducing recovery times and minimizing complications.

Common Conditions Treated

The Illinois sports medicine & orthopedic surgery center treats a broad spectrum of orthopedic and sports-related conditions. Patients range from professional athletes to active individuals and those affected by age-related degenerative changes. The center's expertise covers acute injuries, chronic conditions, and post-surgical rehabilitation.

Sports Injuries

Sports injuries are among the most frequently treated conditions and include ligament tears, tendonitis, muscle strains, fractures, and dislocations. Common examples include anterior cruciate ligament (ACL) tears, rotator cuff injuries, meniscus tears, and Achilles tendon ruptures. Early and accurate diagnosis is critical for effective treatment and return to sport.

Degenerative Joint Diseases

Osteoarthritis and other degenerative joint diseases are prevalent conditions managed at the center. These disorders cause joint pain, stiffness, and decreased mobility, often requiring both conservative management and surgical intervention such as joint replacement or arthroscopic procedures.

Fractures and Traumatic Injuries

The center provides specialized care for complex fractures and traumatic musculoskeletal injuries resulting from accidents or falls. Treatment options include internal fixation, external fixation, and reconstructive surgery to restore function and alignment.

Advanced Orthopedic Surgical Procedures

The Illinois sports medicine & orthopedic surgery center offers a range of advanced surgical options designed to address various musculoskeletal conditions with precision and minimal invasiveness. Surgical interventions aim to relieve pain, restore mobility, and improve overall function.

Arthroscopic Surgery

Arthroscopy is a minimally invasive surgical technique widely used to diagnose and treat joint problems. Small incisions and specialized instruments allow surgeons to repair or remove damaged tissues within joints such as the knee, shoulder, hip, and ankle. Benefits include reduced postoperative pain, quicker recovery, and minimal scarring.

Joint Replacement Surgery

For patients with severe joint degeneration, joint replacement surgery offers significant relief and improved quality of life. The center performs total and partial joint replacements of the hip, knee, and shoulder using the latest implant technologies and surgical techniques tailored to the patient's anatomy and activity level.

Ligament Reconstruction

Ligament reconstruction, particularly for the ACL and other critical ligaments, is a common procedure at the center. The surgery restores joint stability, allowing patients to regain strength and return to high levels of physical activity. Autografts or allografts may be used depending on the specific case.

Comprehensive Sports Medicine Services

The Illinois sports medicine & orthopedic surgery center emphasizes prevention, early diagnosis, and non-surgical management of sports-related injuries to optimize athletic performance and reduce downtime. The center serves amateur, collegiate, and professional athletes across multiple disciplines.

Injury Prevention and Performance Enhancement

Sports medicine specialists develop customized injury prevention programs that include biomechanical assessments, strength and conditioning protocols, and nutritional guidance. These programs aim to reduce the risk of injury and enhance athletic performance through tailored training regimens.

Non-Surgical Treatment Options

Conservative treatments play a major role in managing sports injuries and include physical therapy, corticosteroid injections, platelet-rich plasma (PRP) therapy, and other regenerative medicine techniques. These approaches promote healing without surgery whenever possible.

Sports-Specific Rehabilitation

The center provides rehabilitation programs designed to meet the unique demands of different sports. Rehabilitation specialists focus on restoring

strength, flexibility, and coordination to facilitate a safe and effective return to competition.

Rehabilitation and Physical Therapy Programs

Rehabilitation is an integral component of the care continuum at the Illinois sports medicine & orthopedic surgery center. Individualized physical therapy programs ensure patients regain optimal function and prevent re-injury following surgery or injury.

Comprehensive Physical Therapy

Physical therapists at the center create personalized rehabilitation plans that address mobility, strength, balance, and pain management. Therapies include manual techniques, therapeutic exercises, and use of modalities such as ultrasound and electrical stimulation to accelerate recovery.

Post-Surgical Rehabilitation

Postoperative rehabilitation is carefully coordinated to align with the type of surgery and patient-specific goals. Gradual progression through phases of healing ensures safe restoration of joint function, muscle strength, and endurance.

Patient Education and Support

In addition to hands-on therapy, patients receive education on injury prevention, proper body mechanics, and home exercise programs. Continuous support from the rehabilitation team enhances adherence and promotes long-term musculoskeletal health.

Patient Care and Technological Advancements

The Illinois sports medicine & orthopedic surgery center places a high priority on delivering patient-centered care supported by the latest technological innovations. This combination enhances diagnostic accuracy, surgical precision, and overall patient experience.

Advanced Diagnostic Imaging

High-resolution MRI, CT scans, and digital X-rays enable detailed visualization of musculoskeletal structures. Accurate imaging facilitates precise diagnosis and surgical planning, ensuring optimal treatment outcomes.

Minimally Invasive Surgical Technology

Utilization of arthroscopy, robotic-assisted surgery, and computer navigation allows surgeons to perform complex procedures with enhanced accuracy and

minimal tissue disruption. These technologies contribute to faster recovery and reduced complication rates.

Comprehensive Patient Support Services

The center offers extensive patient support including preoperative counseling, pain management clinics, nutritional counseling, and psychological support. These services address the holistic needs of patients throughout their treatment journey.

- Board-certified orthopedic surgeons and sports medicine specialists
- State-of-the-art diagnostic and surgical technology
- Minimally invasive surgical techniques
- Customized rehabilitation and physical therapy programs
- Comprehensive sports injury prevention and management
- Patient education and multidisciplinary care coordination

Frequently Asked Questions

What services does Illinois Sports Medicine & Orthopedic Surgery Center offer?

Illinois Sports Medicine & Orthopedic Surgery Center offers comprehensive services including orthopedic surgery, sports injury treatment, physical therapy, joint replacement, arthroscopy, and rehabilitation programs tailored to individual patient needs.

Where is Illinois Sports Medicine & Orthopedic Surgery Center located?

Illinois Sports Medicine & Orthopedic Surgery Center is located in Illinois, with multiple clinics and surgical centers accessible to patients throughout the state. Specific addresses can be found on their official website.

Does Illinois Sports Medicine & Orthopedic Surgery Center accept insurance?

Yes, Illinois Sports Medicine & Orthopedic Surgery Center accepts most major insurance plans. It is recommended to contact their billing department or check with your insurance provider to confirm coverage details.

What types of sports injuries are treated at Illinois

Sports Medicine & Orthopedic Surgery Center?

They treat a wide range of sports injuries including ACL tears, rotator cuff injuries, meniscus tears, fractures, tendonitis, and other musculoskeletal conditions affecting athletes of all levels.

How can I schedule an appointment with Illinois Sports Medicine & Orthopedic Surgery Center?

Appointments can be scheduled by calling their patient services number, using the online appointment request form on their website, or through physician referrals for specialized orthopedic care.

Additional Resources

1. Comprehensive Guide to Illinois Sports Medicine

This book offers an in-depth overview of sports medicine practices specific to Illinois, covering common injuries, treatment protocols, and rehabilitation techniques. It highlights case studies from local sports teams and clinics, providing practical insights for practitioners and patients alike. The book also discusses the latest advancements in sports medicine technology and therapies employed in Illinois.

2. Orthopedic Surgery Advances at Illinois Medical Centers

Focusing on the cutting-edge surgical techniques used in Illinois, this volume explores the latest innovations in orthopedic surgery. It includes detailed chapters on minimally invasive procedures, joint replacements, and trauma surgery. The author presents clinical outcomes and patient recovery stories from top Illinois orthopedic surgeons.

3. Rehabilitation and Recovery in Illinois Sports Medicine Facilities

This book emphasizes the rehabilitation process following sports injuries and orthopedic surgeries within Illinois healthcare centers. It covers physical therapy protocols, pain management strategies, and multidisciplinary approaches to patient care. The text also discusses how Illinois facilities tailor recovery plans to athletes of varying levels.

4. Sports Injury Prevention and Management in Illinois Athletes

Designed for coaches, trainers, and medical professionals, this text addresses injury prevention techniques and management strategies for athletes in Illinois. It provides guidelines for training regimens, nutrition, and conditioning programs that reduce injury risks. The book also reviews the role of Illinois sports medicine specialists in on-field injury assessment.

5. Case Studies in Illinois Orthopedic Surgery

This collection of case studies presents real-life surgical interventions performed across Illinois orthopedic centers. Each case highlights diagnostic challenges, surgical decision-making, and postoperative care. Readers gain valuable insights into complex orthopedic conditions and their treatments within the Illinois healthcare context.

6. Innovations in Sports Medicine Technology: Illinois Perspectives

Highlighting technological advancements, this book explores tools and devices developed and utilized by Illinois sports medicine practitioners. Topics include wearable technology, imaging techniques, and surgical robotics. It also discusses how these innovations improve patient outcomes and streamline orthopedic procedures.

7. *The Role of Physical Therapy in Illinois Orthopedic Care*

This text details the integral role that physical therapy plays in orthopedic treatment plans across Illinois. It covers therapeutic exercises, manual therapy techniques, and patient education strategies tailored to Illinois demographics. The book also addresses collaboration between surgeons and therapists for optimal recovery.

8. *Emergency Sports Medicine and Orthopedic Trauma in Illinois*

Focusing on acute care, this book reviews emergency response protocols and orthopedic trauma management in Illinois sports settings. It includes chapters on concussion evaluation, fracture stabilization, and surgical interventions for traumatic injuries. The text aims to equip healthcare providers with knowledge to handle sports emergencies effectively.

9. *Patient-Centered Care in Illinois Orthopedic Surgery Centers*

This book emphasizes the importance of patient-centered approaches in Illinois orthopedic surgery centers. It discusses communication strategies, shared decision-making, and personalized treatment planning. The author also explores how cultural and regional factors influence patient care in Illinois.

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illinois sports medicine orthopedic surgery center: The Anterior Cruciate Ligament: Reconstruction and Basic Science E-Book Chadwick Prodromos, 2017-05-31 The Anterior Cruciate Ligament: Reconstruction and Basic Science, 2nd Edition, by Dr. Chadwick Prodromos, provides the expert guidance you need to effectively select the right procedure and equipment, prevent complications, and improve outcomes for every patient. Written and edited by world leaders in hamstring, allograft, and bone-patellar tendon-bone (BTB) ACL reconstruction, this revised reference is a must-have resource for the full range of anterior cruciate ligament reconstruction techniques, plus fixation devices, rehabilitation, revision ACLR surgery, and much more! - Covers the latest clinical and technical information on pain control, genetics and biologics, the use of ultrasound, and much more. - EBook access features an exhaustive ACL bibliography database more than 5000 available articles. - Features dozens of new chapters that offer up-to-date information on pain control after ACLR, single vs. double bundle repairs, genetics and collagen type, all-inside techniques, biologics, pediatrics, ACL ganglion cysts, prognosis for ACLR success, allografts vs. autografts, and more. - Provides the experience and insight of a dream team of ACL experts, including James Andrews on sports medicine, Frank Noyes on HTO and ACLR, and Andrew Amis on the benefits of the older femoral tunnel placement technique. - Expert Consult™ eBook version included with purchase. This enhanced eBook experience allows you to search all of the text, figures, Q&As, and references from the book on a variety of devices.

illinois sports medicine orthopedic surgery center: 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.

illinois sports medicine orthopedic surgery center: Practical Orthopaedic Sports Medicine and Arthroscopy Donald Hugh Johnson, Robert A. Pedowitz, 2007 Written by noted experts in orthopaedic sports medicine, this book is a comprehensive, practical guide to diagnosis and treatment of sports-related injuries. It covers all the material required for the American Board of Orthopaedic Surgery's new Subspecialty Certificate in Sports Medicine examination. Emphasis is on detailed, step-by-step descriptions of surgical techniques for treating sports-related injuries, including the latest arthroscopic procedures. These techniques are illustrated with over 800 full-color original drawings and photographs. The authors describe their preferred methods for treating each injury. Bulleted key points appear at the beginning of each chapter.

illinois sports medicine orthopedic surgery center: Rapid Recovery in Total Joint Arthroplasty Giles R. Scuderi, Alfred J. Tria, Fred D. Cushner, 2020-04-02 The approach to total hip and total knee arthroplasty is changing around the world. There is now a strong emphasis on a more rapid recovery and on more outpatient surgery. Each step of the process is now being modified with more thorough pre-operative evaluations, streamlined surgical approaches, rapid mobilization and faster return to normal activities. These changes place new pressures on all of the health care providers in the system. This unique text - the first of its kind - is a practical guide for each member of the clinical team with updates by the leading authorities from around the country. Each chapter addresses a specific issue and will outline the important new items that need to be addressed, very similar to a handbook. Topics covered include the implementation of new payment models and outcome measurements, recommendations to streamline the pre-, peri- and post-operative protocols, the utility and application of outpatient joint replacement programs, multimodal pain management and post-acute rehabilitation strategies. There is no publication at present that addresses all of these items together in one convenient place. Rapid Recovery in Total Joint Arthroplasty is written and edited by experienced clinicians and surgeons, sharing their years of experience to create a practical, up-to-date text useful for everyday work.

illinois sports medicine orthopedic surgery center: Clinical Orthopaedic Rehabilitation: A Team Approach E-Book Charles E. Giangarra, Robert C. Manske, 2017-01-04 Evidence suggests a direct correlation between the quality of postoperative orthopaedic rehabilitation and the effectiveness of the surgery. Clinical Orthopaedic Rehabilitation, 4th Edition, helps today's orthopaedic teams apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. Charles Giangarra, MD and Robert Manske, PT continue the commitment to excellence established by Dr. S. Brent Brotzman in

previous editions, bringing a fresh perspective to the team approach to rehabilitation. - Every section is written by a combination of surgeons, physical therapists, and occupational therapists, making this respected text a truly practical how-to guide for the appropriate initial exam, differential diagnosis, treatment, and rehabilitation. - Treatment and rehabilitation protocols are presented in a step-by-step, algorithmic format with each new phase begun after criteria are met (criteria-based progression, reflecting current best practice). - Revised content brings you up to date with new evidence-based literature on examination techniques, classification systems, differential diagnosis, treatment options, and criteria-based rehabilitation protocols. - Extensive updates throughout include new chapters on: medial patellofemoral ligament, shoulder impingement, pec major ruptures, thoracic outlet syndrome, general humeral fractures, foot and ankle fractures, medial patellofemoral ligament reconstruction, the arthritic hip, athletic pubalgia, and labral repair and reconstruction. - Easy-to-follow videos demonstrate rehabilitation procedures of frequently seen orthopaedic conditions and commonly used exercises, and new full-color images complement the highly visual nature of the text.

illinois sports medicine orthopedic surgery center: Shoulder and Elbow Injuries in Athletes Robert A. Arciero, Frank A. Cordasco, Matthew T. Provencher, 2017-10-17 Thorough and concise, this practical reference provides a unique, on-field management approach to all athletic injuries to the shoulder and elbow, as well as nonoperative and operative treatment options, including arthroscopy and open surgery. Focusing on high-performance athletes, leading authorities in the field demonstrate how to provide pain relief, restore function, and return the athlete to sport and to prior level of performance in a safe and timely fashion. - Showcases the knowledge and expertise of an international group of editors and authors who have served as president of the American Orthopaedic Society for Sports Medicine, the American Shoulder and Elbow Surgeons and the Arthroscopy Association of North America, are physicians or consultants for professional and collegiate sports teams, have won awards for research in the field of shoulder surgery, are editors and reviewers for peer-reviewed journals, and much more. - Contains rehabilitation guidelines and critical return-to-sport protocols - essential information for nonsurgical healthcare providers -- primarily on athletes under the age of 40, with some consideration of the older athlete (professional golf, for example). - Contains a section in each chapter covering On-the-Field Management and Early Post-Injury Assessment and Treatment - a must-read for immediate care of the injured athlete and ensuring the safe return to play. - Covers the most recent advances in the management of tendon tears in elite and overhead athletes, including prevention in youth sports, early sports specialization, and changing standards of care regarding shoulder and elbow instability. - Provides a thorough review of current ulnar collateral ligament injury diagnosis, imaging, non-operative management, and surgery, as well as acromioclavicular and sternoclavicular joint injuries, clavicle and olecranon fractures, and OCD of the capitellum.

illinois sports medicine orthopedic surgery center: General Orthopaedics and Basic Science Nikolaos K. Paschos, George Bentley, 2019-03-04 This volume of the Orthopaedic Study Guide Series provides the foundation of general orthopedic and basic science. Chapters of this book cohere around three aspects of the musculoskeletal system, anatomy, physiology, and pathology. Next to basic principles, case reports underline key information relating to disorders, diagnosis, and treatment options. Written by leading experts, this volume is a concise guide designed as quick reference, thereby it presents a useful resource for orthopedic residents and fellows.

illinois sports medicine orthopedic surgery center: Quality, Value, and Patient Safety in Orthopedic Surgery, An Issue of Orthopedic Clinics Frederick M. Azar, 2018-09-20 This issue of Orthopedics Clinics will survey a broad range of topics across sub-specialty areas on Quality, Value, and Patient Safety in Orthopedic Surgery. Each issue in the series is edited by an experienced team of surgeons from the prestigious Campbell Clinic. Articles in this issue will cover the following topics: Improving Joint Replacement with Continuous Quality Improvement Methods and Tools, Osteolysis as it Pertains to Total Hip Arthroplasty, Perioperative Safety, Pediatric Spine Surgery, Standardization of Care of Common Pediatric Fractures, The volume-value relationship in shoulder

arthroplasty, Practicing cost-conscious shoulder surgery, Patient Safety with Driving after Foot and Ankle Surgery, Optimizing Outpatient Total Ankle Replacement from Clinic to Pain Management, The Role of Generic Implants in Orthopaedic Trauma, and The Role of Business Education in the Orthopaedic Curriculum, among others.

illinois sports medicine orthopedic surgery center: Operative Arthroscopy John B. McGinty, Stephen S. Burkhart, 2003 Extensively revised and updated for its Third Edition, *Operative Arthroscopy* remains the most comprehensive and authoritative reference in this rapidly advancing specialty. World-renowned experts describe the latest instrumentation and techniques and detail proven minimally invasive procedures for the knee, shoulder, elbow, wrist, hip, foot, ankle, and spine. New topics in this edition include meniscus repair with implantable devices, arthroscopic knot tying, and arthroscopy in athletes. Hundreds of full-color arthroscopic views, surgical exposures, and line drawings guide surgeons in technique and clinical decision-making. This edition includes a free DVD of surgical procedures, with over 200 minutes of video to demonstrate key points and techniques.

illinois sports medicine orthopedic surgery center: Essential Orthopaedics E-Book Mark D. Miller, Jennifer Hart, John M. MacKnight, 2019-04-07 The vast majority of orthopaedic care takes place not in the orthopaedic surgeon's office or operating room but in various primary care settings. *Essential Orthopaedics*, 2nd Edition, provides concise, practical guidance from noted authority Dr. Mark D. Miller, along with a stellar editorial team and numerous contributors from both orthopaedics and primary care. Using a templated, bulleted format, it delivers the information you need on diagnosis, management, and appropriate referrals for adult and pediatric patients. It's the perfect, everyday orthopaedic reference for primary care physicians, physician assistants, nurse practitioners, physical therapists, and athletic trainers in the clinic or training room. - Offers expert insight to help you confidently diagnose and treat sprains, fractures, arthritis and bursitis pain, and other musculoskeletal problems, or refer them when appropriate. - Covers topics of high importance in orthopaedic care: anatomy and terminology, radiologic evaluation of orthopaedic conditions, principles of fracture management, and special considerations for the obese, the elderly, athletes, those with comorbidities, and other patient populations. - Features 40 videos covering injections, physical examinations, common procedures, and more. - Includes 12 new chapters with current information on physical exam of the hip and pelvis, femoroacetabular impingement (FAI), athletic pubalgia, state-of-the-art surgical techniques, and new imaging information, particularly in the area of musculoskeletal ultrasound. - Provides new ICD-10 codes for common orthopaedic conditions. - Features diagnostic algorithms, specific steps for treatment, and full-color illustrations throughout.

illinois sports medicine orthopedic surgery center: Oxford American Handbook of Sports Medicine Jeffrey Bytowski, Claude Moorman, 2010-04-02 Written by leading American practitioners, the *Oxford American Handbooks of Medicine* each offer a pocket-sized overview of an entire specialty, featuring instant access to guidance on the conditions that are most likely to be encountered. Precise and prescriptive, the handbooks offer up-to-date advice on examination, investigations, common procedures, and in-patient care. These books will be invaluable resources for residents and students, as well as a useful reference for practitioners. The *Oxford American Handbook of Sports Medicine* brings together the common problems and diagnoses of sports medicine into a focused summary of the latest strategies, management plans, and evidence-based protocols. Its quick, accessible overview in a portable format will make it ideal for use on the sidelines and in the clinic by physicians working with both professional and amateur athletes and teams. Plus, primary care and orthopedic students, residents, and fellows will find it a dependable, practical guide during sports medicine rotations and clerkships as well as a good review tool for in-training exams. Extensively illustrated, compact and comprehensive, the full range of the specialty is covered including sections on sports psychology, imaging and procedures, as well as issues specific to women athletes and pediatric patients. Why choose the *Oxford American Handbook of Sports Medicine*? The design.... The Handbook uses a unique flexicover design that's durable and practical. Compact, light, and fits in your pocket! Also has quick reference tabs,

four-color presentation, and bookmark ribbons to help provide fast answers. The interior layout.... The Handbook is a quick reference in a small, innovative package. With one to two topics per page, it provides easy access and the emergency sections are in red to stand out. Icons throughout aid quick reference. The information.... The Handbook succinctly covers all the essential topics in a one or two-page spread format with colored headings that break up the text and provide a logical structure for readers of all levels. Common clinical questions are answered clearly and extensively. The history.... Oxford University Press is known around the world for excellence, tradition, and innovation. These handbooks are among the best selling in the world. The price.... You get an extremely useful tool at a great value!

illinois sports medicine orthopedic surgery center: *Clinical Orthopaedic Rehabilitation E-Book* S. Brent Brotzman, Robert C. Manske, 2011-05-06 In *Clinical Orthopaedic Rehabilitation: An Evidence-Based Approach*, Dr. S. Brent Brotzman and Robert C. Manske help you apply the most effective, evidence-based protocols for maximizing return to function following common sports injuries and post-surgical conditions. A well-respected, comprehensive source for evaluating, treating, and rehabilitating orthopaedic patients, the 3rd Edition guides you on the prevention of running injuries, the latest perturbation techniques, and the ACL rehabilitation procedures and functional tests you need to help get your patients back in the game or the office. You'll also find a brand-new spine rehabilitation section, an extensively revised art program, and online access to videos demonstrating rehabilitation procedures of common orthopaedic conditions at www.expertconsult.com. Get expert guidance on everything you may see on a day-to-day basis in the rehabilitation of joint replacements and sports injuries. Apply evidence-based rehabilitation protocols to common sports conditions like ACL and meniscus injuries and post-surgical rehabilitation for the knee, hip, and shoulder. See how to perform perturbation techniques for ACL rehabilitation, ACL functional tests and return-to-play criteria after reconstruction, analysis of running gait to prevent and treat running injury, and more with videos online at www.expertconsult.com. Use the expert practices described in Tendinopathy and Hip Labral Injuries, part of the expanded Special Topics section, to help patients realize quicker recovery times. Visualize physical examination and rehabilitation techniques with the extensively revised art program that presents 750 figures and illustrations.

illinois sports medicine orthopedic surgery center: *Report on Capital Expenditures for Calendar Year ...* Illinois. Health Facilities Planning Board, 2008

illinois sports medicine orthopedic surgery center: Hip Joint Restoration Joseph C. McCarthy, Philip C. Noble, Richard N. Villar, 2016-12-20 Hip Joint Restoration is a comprehensive yet practical guide to the basic science and clinical applications of arthroscopy, arthroplasty, osteotomy and preservation surgery for the treatment of diseases and conditions of the hip. This generously illustrated text offers a comprehensive introduction to essential features of hip evaluation, the medical management of hip procedures, and treatment of specific conditions, and covers practical topics such as surgical anatomy of the hip, surgical approaches, instrumentation, and indications for arthroscopy and other surgical procedures aimed at restoration of the hip joint. Additional chapters cover clinical outcomes and equality of life following hip surgery, the current state of research and education of arthroscopic hip procedures throughout the world, other topics such as complications and rehabilitation in different patient populations. This book will be a useful resource for Orthopedic Surgeons and Osteopaths who perform open and arthroscopic hip preservation and total joint replacement, as well as for orthopedic residents and researchers.

illinois sports medicine orthopedic surgery center: **Orthopaedic Rehabilitation of the Athlete** Bruce Reider, George Davies, Matthew T Provencher, 2014-12-15 Prevent athletic injuries and promote optimal recovery with the evidence-based guidelines and protocols inside *Orthopaedic Rehabilitation of the Athlete*! Practical, expert guidance; a templated, user-friendly format make this rehab reference ideal for any practitioner working with athletes! Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Apply targeted, evidence-based strategies for all internationally popular athletic activities, including those enjoyed

by older adults. Ensure optimal care from injury prevention through follow up 2 years post injury. Make safe recommendations for non-chemical performance enhancement.

illinois sports medicine orthopedic surgery center: DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller, Stephen R. Thompson, 2018-12-20 Indispensable for both surgeons and sports medicine physicians, DeLee, Drez, & Miller's Orthopaedic Sports Medicine: Principles and Practice, 5th Edition, remains your go-to reference for all surgical, medical, rehabilitation and injury prevention aspects related to athletic injuries and chronic conditions. Authored by Mark D. Miller, MD and Stephen R. Thompson, MD, this 2-volume core resource provides detailed, up-to-date coverage of medical disorders that routinely interfere with athletic performance and return to play, providing the clinically focused information you need when managing athletes at any level. - Provides a unique balance of every relevant surgical technique along with extensive guidance on nonsurgical issues—making it an ideal reference for surgeons, sports medicine physicians, physical therapists, athletic trainers, and others who provide care to athletes. - Offers expanded coverage of revision surgery, including revision ACL and revision rotator cuff surgery. - Features additional coverage of cartilage restoration procedures and meniscal transplantation. - Provides significant content on rehabilitation after injury, along with injury prevention protocols. - Includes access to a comprehensive video collection, with more than 100 videos new to this edition. - Retains key features such as coverage of both pediatric and aging athletes; a streamlined organization for quick reference; in-depth coverage of arthroscopic techniques; extensive references; levels of evidence at the end of each chapter; and Author's Preferred Technique sections. - 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.

illinois sports medicine orthopedic surgery center: AANA Advanced Arthroscopy: The Knee Robert E. Hunter, Nicholas A. Sgaglione, 2010-07-06 AANA Advanced Arthroscopy: The Knee, by Robert E. Hunter, MD and Nicholas A. Sgaglione, MD, helps you make the most effective use of advanced and emerging, state-of-the-art arthroscopic techniques for managing a wide range of knee problems. Premier arthroscopic surgeons discuss disease-specific options, managing and avoiding complications, and rehabilitation protocols. in print and online. 14 videos demonstrate tibial plateau fracture management system, anteromedial tibial tubercle transfer, osteochondral allograft for a femoral condyle defect, anatomic single bundle ACL reconstruction, anatomic reconstruction of the posterolateral corner, and more. Access the fully searchable text, along with a video library of procedures and links to PubMed online at expertconsult.com. Stay current through coverage of hot topics like Chondrocyte Transplantation Techniques, Proximal Tibial Osteotomy, Anatomic Single Bundle ACL Reconstruction, Single Bundle PCL Reconstruction, Inlay PCL Reconstruction, and Anatomic Reconstruction of the Posterolateral Corner. Hone your skills thanks to 14 videos of techniques-on Tibial Plateau Fracture Management System, Anteromedial Tibial Tubercle Transfer, Osteochondral Allograft for a Femoral Condyle Defect, Anatomic Single Bundle ACL Reconstruction, Anatomic Reconstruction of the Posterolateral Corner, and more-performed by experts. See arthroscopic surgical details in full color and understand nuances through interpretative drawings of technical details. Optimize surgical results and outcomes with an emphasis on advanced and emerging arthroscopic techniques, surgical tips, and pearls.

illinois sports medicine orthopedic surgery center: Shoulder Instability: A Comprehensive Approach E-Book Matthew T. Provencher, Anthony A. Romeo, 2011-12-15 Shoulder Instability, by Drs. Mark Provencher and Anthony Romeo, is the first comprehensive resource that helps you apply emerging research to effectively manage this condition using today's best surgical and non-surgical approaches. Detailed illustrations and surgical and rehabilitation videos clearly demonstrate key techniques like bone loss treatment, non-operative rehabilitation methods, multidirectional instability, and more. You'll also have access to the full contents online at www.expertconsult.com. - Watch surgical and rehabilitation videos online and access the fully searchable text at www.expertconsult.com. - Stay current on hot topics including instability with bone loss treatment, non-operative rehabilitation methods, multidirectional instability, and more. - Gain a clear visual

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Illinois sports medicine orthopedic surgery center: Essential Orthopaedics Mark D. Miller, Jennifer Adele Hart, John M. MacKnight, 2010-01-01 Noted authority Mark D. Miller, MD, together with a stellar editorial team and numerous contributors representing a breadth of specialty areas within orthopaedics and primary care, offers you the comprehensive, multidisciplinary insight you need to confidently diagnose and treat sprains, fractures, arthritis and bursitis pain, and other musculoskeletal problems, or refer them when appropriate. Videos on DVD demonstrate how to perform 29 joint injections, 7 common physical examinations, a variety of tests, and 6 splinting and casting procedures. Presents multidisciplinary coverage that provides authoritative orthopaedic guidance oriented towards the practical realities of primary care practice.

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