



**UB** | **ORTHOPAEDICS**  
& SPORTS MEDICINE

# Sports Medicine

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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

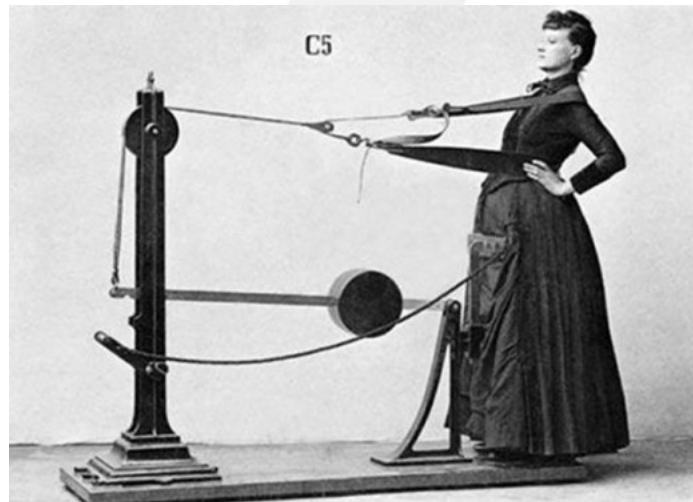
- Herodicus, 5<sup>th</sup> Century BC
- Iccus of Tarentum, 444 BC  
First text of athletic training
- Claudius Galen  
First team physician (gladiators)



## 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





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## Heads-Up Hockey Video



## What is unique about Sports Medicine?

Site of care

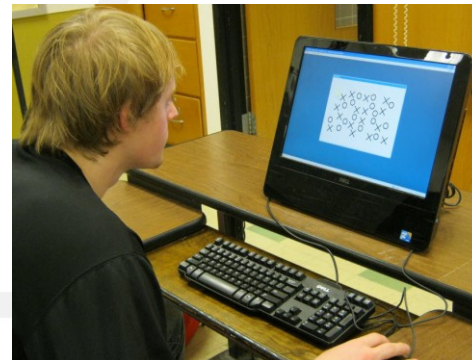


4949 Harlem Road Amherst, New York



3671 Southwestern Boulevard Suite 207 Orchard Park, New York

## Concussion Prevention/Identification



## What is unique about Sports Medicine?

Site of care



# What is unique about Sports Medicine?

Site of care









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ors for the Bills, Sabres, Bandits, Bulls, Bengals, Kats.

## What is unique about Sports Medicine?

- Immediate or urgent aid to the injured participant
- Sideline or urgent care approach

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Orthopaedic. Injury. Experts.



## 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





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## ACL Video





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## Shoulder Video





**Thank you for your attention**