



Lehigh Valley
Hospital

Your Guide to Sports Medicine



Matt Baranoski
USA Track Cyclist, 2016 Rio Olympics

GET TREATED LIKE A PRO

Has an injury or a chronic condition taken you away from your favorite sport? Do you suffer with tendonitis or a torn rotator cuff? Are you rebounding from an injury such as an ACL tear? If so, get treated like a pro. Rely on the sports medicine and rehabilitation specialists at Lehigh Valley Health Network (LVHN). It's the same team that provides expert medical care to the region's top pro athletes.

INJURIES WE TREAT

- ▶ Torn anterior cruciate ligaments (ACL)
- ▶ Broken bones
- ▶ Ankle and foot injuries
- ▶ Overuse injuries
- ▶ Stress fractures and insufficiencies
- ▶ Joint pain
- ▶ Nonsurgical dislocation
- ▶ Assisting in decisions about returning to physical activity or competition
- ▶ Management and treatment of concussions

ADDITIONAL SPORTS MEDICINE SERVICES

- ▶ Rehabilitation services
- ▶ Athletic training
- ▶ Sports performance training
- ▶ LVHN Fitness
- ▶ Nutrition
- ▶ Concussion treatment

These services are based primarily at our premier sports medicine and fitness destination center in downtown Allentown, LVHN–One City Center, but are also available throughout the community. (See listing of services and locations.)



To make an appointment, call **610-402-CARE**.

OUR SPORTS MEDICINE PARTNERS

We provide expert medical care to the region's leading sports teams and venues, including the Lehigh Valley Phantoms, Lehigh Valley Steelhawks, Valley Preferred Cycling Center, the Eastern Pennsylvania Conference, Bethlehem Steel FC, Via Marathon, Pocono Raceway and 10 area high schools and colleges.



CHAMPIONSHIP SERIES



ABOUT LVHN'S SPORTS MEDICINE PROGRAM

Lehigh Valley Health Network Orthopedics includes more than 400 orthopedic experts, including our team of sports medicine providers. Here is the full scope of our program:

- ▶ Lehigh Valley Hospital is the only provider in the region to be recognized in orthopedics by U.S. News & World Report. This means we're among the top 50 hospitals in the U.S. for orthopedic care. That designation puts us among the top 3 percent of all hospitals nationwide for this specialty.
- ▶ No one in the region performs more orthopedic surgeries or total joint replacements than LVHN. Our fellowship-trained surgeons specialize in the conditions they treat. Whether it's a torn ACL or a hip replacement, look no further than our Center for Orthopedic Medicine.
- ▶ LVHN—One City Center is the region's premier sports medicine facility, located in downtown Allentown and offering sports performance, fitness, rehabilitation, concussion management, sports nutrition, sports medicine and massage.
- ▶ LVHN has the only medical campus in the region dedicated to orthopedics – LVHN—Tilghman.

- ▶ LVHN offers personalized rehabilitation for a wide range of specialized programs, including treatment for sports injuries, concussion and more. With over two dozen convenient locations, our outpatient rehabilitation sites are just minutes away.
- ▶ LVHN is a regional leader in the evaluation, treatment and management of concussion injuries. Our credentialed ImPACT consultants (CIC) have completed specialized training in state-of-the-art concussion evaluation and care.
- ▶ Our athletic trainers collaborate with physicians in preventing, evaluating and treating various medical conditions involving sports injury with the goal of returning the athlete to his or her sport. We offer athletic trainer services to 10 area high schools and colleges.
- ▶ Our sports performance specialists train athletes to function at their highest potential. The team includes certified strength and conditioning specialists who develop personalized programs focused on improving speed, agility, strength and preventing injury.
- ▶ We have comprehensive arthritis and pain management expertise.

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Shattered Collarbone

Didn't Stop Cyclist Matt Baranoski's Road to Rio



On the road to representing the USA in track cycling at the 2016 Summer Olympics in Rio de Janeiro, Matt Baranoski experienced his share of bumps. One in particular stands out.

“I knew it wasn’t good as soon as I went over my handlebars,” says Baranoski, 23, of Perkasio, recalling a crash that broke his left collarbone in a men’s keirin race during the 2012 World Series of Bicycling at Valley Preferred Cycling Center (VPCC) in Trexlertown.

“Somebody made a stupid move, and I knew I was in

trouble because in the crash I fell to the left,” Baranoski says. “In track cycling crashes, which are fairly common, riders usually fall to the right.”

Lehigh Valley Health Network orthopedic surgeon Neal Stansbury, MD, with LVPG Orthopedics and Sports Medicine, has served as the VPCC’s medical director for a decade. He saw Baranoski’s crash that night and immediately raced to his side. “I felt badly for him, especially because I knew he had nationals coming up in less than a month,” Stansbury says.

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The accident left Baranoski's shoulder in multiple pieces. "It shattered rather than a clean break, which is typical in cycling crashes," Stansbury says. He used titanium screws and plates to repair the injury, and Baranoski was discharged from Lehigh Valley Hospital–Cedar Crest in a matter of days. From that point it was a matter of what the world-class cyclist could tolerate while on his bike.

"Fortunately, this was cycling, not tackle football," Stansbury says. "The biggest strain on the injured area would be Matt's pulling on the handlebars, and the plates would easily withstand that. Another crash would have been a risk, but this is one tough kid. He's an incredible athlete, and this wasn't going to hold him back."

Baranoski was back riding again before the next weekend. Two weeks later, he represented Penn State University at the USA Cycling Collegiate Track National Championships in Frisco, Texas. The following week, he was in Los Angeles for the USA Cycling Elite Track National Championships.

"Dr. Stansbury kept me to two races at collegiate nationals," Baranoski says. "We taped up my shoulder so much that I felt my left arm was kind of just along for the ride. It was tough to grab the handlebars because they felt too narrow for me in that condition. But I got used to it as I went along, and I ended up winning the kilo (1-kilometer time trial) with my personal best time."

A week later, Baranoski competed in the keirin, team sprints and kilo at the Elite Nationals, winning the latter two events. He's won a total of 14 national championships since 2013. Last year, he earned a bronze medal in the keirin in the UCI Track World Cup held in New Zealand.

Baranoski competed in his first Olympics held in Rio. Track cycling events were held Aug. 11-16, 2016. He participated in the keirin (a 2-kilometer sprint race that starts behind a motorized pace vehicle and ends with a 700-meter sprint to the finish).



"It was an amazing experience," Baranoski said. "It was the culmination of everything I've done since I began in the velodrome developmental program when I was 6 years old. Every Olympic rider I've talked to says I'll never forget the opening ceremonies, when you walk out with the USA team behind the flag. I cherished every moment in Rio."

After the games, Baranoski returned to Penn State to complete his degree in electrical engineering. Where his cycling career goes from here, he's not certain.

"I don't think I've peaked yet," he says. "I still have the desire to compete. Will my body hold up until the 2020 Games in Tokyo? We'll see what happens."

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LVPG PROVIDERS

LVPG ORTHOPEDICS AND SPORTS MEDICINE



Gabe Lewullis, MD
Medical school: Drexel University College of Medicine
Orthopedic surgery residency: Drexel University College of Medicine
Sports medicine

fellowship: New England Baptist Hospital
Board certifications: Orthopedic surgery



Neal Stansbury, MD
Medical school: Hahnemann Medical College of Philadelphia
Surgery residency: Hahnemann University Hospital
Orthopedic surgery

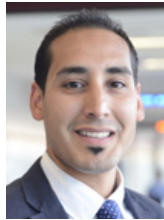
residency: Hahnemann University Hospital
Sports medicine fellowship: Hershey Medical Center
Board certifications: Orthopedic surgery; orthopedic sports medicine



Mitchell Cooper, MD
Medical school: Temple University School of Medicine
Orthopedic surgery residency: University of Illinois at Chicago Medical Center

Sports medicine fellowship: HealthSouth Doctor's Hospital
Board certifications: Orthopedic surgery; orthopedic sports medicine

LVPG SPORTS MEDICINE



Faisal Al-Alim, MD
Medical school: Ross University School of Medicine
Family medicine residency: Sacred Heart Hospital
Board certification: Family medicine

LEHIGH VALLEY FAMILY HEALTH CENTER



Neilson Mathews, MD
Medical school: Medical College of Virginia
Family medicine residency: Bryn Mawr Hospital
Sports medicine fellowship: Thomas

Jefferson University Hospital
Board certification: Family medicine; sports medicine

CONTRACTUALLY ALIGNED PHYSICIANS

OAA ORTHOPAEDIC SPECIALISTS



Gregor Hawk, MD
Medical school: University of British Columbia Faculty of Medicine
Orthopedic surgery residency: University of British Columbia
Orthopedic sports

medicine fellowship: Mississippi Sports Medicine and Orthopaedic Center
Board certifications: Orthopedic surgery; orthopedic sports medicine



Christopher Hawkins, MD
Medical school: University of Maryland School of Medicine
Orthopedic surgery residency: Hospital for Joint Disease

and Orthopaedic Institute
Orthopedic sports medicine fellowship: University of Utah Hospital and Clinics
Board certifications: Orthopedic surgery; orthopedic sports medicine



Robert Palumbo, MD
Medical school: Rutgers University/UMDNJ
General surgery residency: Robert Wood Johnson Medical School
Orthopedic surgery residency: Robert Wood

Johnson Medical School
Board certifications: Orthopedic surgery; orthopedic sports medicine

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No matter which Center for Orthopedics or practice location you choose to receive care, it's our goal to help you recover quickly and comfortably.

LEHIGH VALLEY

CENTER FOR ORTHOPEDIC MEDICINE—CEDAR CREST

1200 S. Cedar Crest Blvd., Allentown, PA 18103
Services: Total joint replacement (hips, knees and shoulders), spine surgery, back surgery, fracture care, rehabilitation therapy

CENTER FOR ORTHOPEDIC MEDICINE—MUHLENBERG

Route 22 and Schoenersville Road, Bethlehem, PA 18017
Services: Total joint replacement (hips, knees and shoulders), spine surgery, back surgery, fracture care, rehabilitation therapy

CENTER FOR ORTHOPEDIC MEDICINE—TILGHMAN

4815 Tilghman St., Allentown, PA 18104
Services: Total joint replacement (hips, knees and shoulders), spine surgery, back surgery, rehabilitation therapy

GAME TIME FIELDHOUSE

155 Nestle Way, Breinigsville, PA 18031
Services: Indoor sports training facility

LVHN—ONE CITY CENTER

707 Hamilton St., Allentown PA, 18101
Services: Rehabilitation therapy, fitness, sports performance, sports medicine, sports nutrition and concussion treatment

LVPG ORTHOPEDICS AND SPORTS MEDICINE—1250 CEDAR CREST

1250 S. Cedar Crest Blvd., Suite 110, Allentown, PA 18103
Services: Full spectrum of orthopedic care for children through adults

LVPG ORTHOPEDICS AND SPORTS MEDICINE—MOSELEM SPRINGS

14351 Kutztown Road, Fleetwood, PA 19522
Services: Full spectrum of orthopedic care for children through adults

LVPG ORTHOPEDICS AND SPORTS MEDICINE—MUHLENBERG

2597 Schoenersville Road, Suite 100, Bethlehem, PA 18017
Services: Full spectrum of orthopedic care for children through adults

OAA ORTHOPAEDIC SPECIALISTS

1241 Blakeslee Blvd. Drive E, Lehigh, PA 18235
Services: Comprehensive, collaborative orthopedic care and surgical treatment options

OAA ORTHOPAEDIC SPECIALISTS

250 Cetronia Road, second floor, Allentown, PA 18104
Services: Comprehensive, collaborative orthopedic care and surgical treatment options

OAA ORTHOPAEDIC SPECIALISTS

2901 Emrick Blvd., Suite 112, Bethlehem, PA 18020
Services: Comprehensive, collaborative orthopedic care and surgical treatment options

HAZLETON

LEHIGH VALLEY HOSPITAL—HAZLETON

700 E. Broad St., Hazleton, PA 18201
Services: Surgery, rehabilitation therapy

LVPG ORTHOPEDICS AND SPORTS MEDICINE—HEALTH & WELLNESS CENTER

50 Moisey Drive, Hazleton, PA 18201
Services: Full spectrum of orthopedic care for children through adults

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OUTPATIENT REHABILITATION

A service of Lehigh Valley Hospital.

LOCATIONS

LVHN offers personalized rehabilitation for a wide range of specialized programs, including treatment for sports injuries, concussion and more. With over two dozen convenient locations, our outpatient rehabilitation sites are just minutes away.

ALLENTOWN

REHABILITATION SERVICES-

1243 CEDAR CREST

1243 S. Cedar Crest Blvd., Allentown, PA 18103

REHABILITATION SERVICES-

1250 CEDAR CREST

1250 S. Cedar Crest Blvd., Allentown, PA 18103

REHABILITATION SERVICES-CETRONIA ROAD

250 Cetronia Road, Allentown, PA 18104

REHABILITATION SERVICES-

ONE CITY CENTER

LVHN-One City Center

707 Hamilton St., Allentown, PA 18101

BANGOR

REHABILITATION SERVICES-BANGOR

Health Center at Bangor

1337 Blue Valley Drive, Pen Argyl, PA 18072

BATH

REHABILITATION SERVICES-BATH

Health Center at Bath

6649 Chrisphalt Drive., Bath, PA 18014

BETHLEHEM

REHABILITATION SERVICES-

529 WEST BROAD

529 W. Broad St., Bethlehem, PA 18018

REHABILITATION SERVICES-MUHLENBERG

2597 Schoenersville Road, Bethlehem, PA 18017

REHABILITATION SERVICES-EASTON AVE.

3024 Easton Ave., Bethlehem, PA 18017

REHABILITATION SERVICES-MUHLENBERG

Health and Wellness Center at Muhlenberg

1770 Bathgate Road, Bethlehem, PA 18017

BETHLEHEM TOWNSHIP

REHABILITATION SERVICES-EMRICK BLVD.

2901 Emrick Blvd., Bethlehem, PA 18020

REHABILITATION SERVICES-

3859 NAZARETH PIKE

3859 Nazareth Pike, Bethlehem, PA 18020

REHABILITATION SERVICES-

BETHLEHEM TOWNSHIP

Health Center at Bethlehem Township

2101 Emrick Blvd., Bethlehem, PA 18020

EMMAUS

REHABILITATION SERVICES-EMMAUS

Health Center at Emmaus

1040 Chestnut St., Emmaus, PA 18049

FLEETWOOD

REHABILITATION SERVICES-

MOSELEM SPRINGS

Health Center at Moselem Springs

14351 Kutztown Road, Fleetwood, PA 19522

FOGELSVILLE

REHABILITATION SERVICES-FOGELSVILLE

Health Center at Fogelsville

1431 Nursery St., Fogelsville, PA 18051

HAZLETON

REHABILITATION SERVICES-

HEALTH & WELLNESS CENTER

Health & Wellness Center at Hazleton

50 Moisey Drive, Hazleton, PA 18202

HELLERTOWN

REHABILITATION SERVICES-HELLERTOWN

708 Main St., Hellertown, PA 18055

LEHIGHTON

REHABILITATION SERVICES-LEHIGHTON

1241 Blakeslee Blvd. Drive East

Lehighon, PA 18235

MACUNGIE

REHABILITATION SERVICES-MACUNGIE

Health Center at Macungie

6451 Village Lane, Macungie, PA 18062

MOUNTAIN TOP

REHABILITATION SERVICES-MOUNTAIN TOP

Health Center at Mountain Top

237 S. Mountain Blvd., Mountain Top, PA 18707

NORTHAMPTON

REHABILITATION SERVICES-NORTHAMPTON

2412 Cherryville Road, Northampton, PA 18067

TREXLERTOWN

REHABILITATION SERVICES-TREXLERTOWN

Health Center at Trexlertown

6900 Hamilton Blvd., Trexlertown, PA 18087

QUAKERTOWN

REHABILITATION SERVICES-QUAKERTOWN

Health Center at Quakertown

99 N. West End Blvd., Quakertown, PA 18951

WALNUTPORT

REHABILITATION SERVICES-WALNUTPORT

421 S. Best St., Walnutport, PA 18088

WHITEHALL

REHABILITATION SERVICES-WHITEHALL

3333 Seventh St., Whitehall, PA 18052

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OTHER LVHN SERVICES

CENTER FOR INPATIENT REHABILITATION – LVHN offers a comprehensive inpatient rehabilitation program for your recovery. Our goal is to help you regain function and return to the highest level of independence.

DIAGNOSTIC TESTING AND IMAGING – Common diagnostic testing and imaging services; 27 testing services offered at more than 80 locations

HEALTH NETWORK LABORATORY SERVICES – Providing high-quality, advanced laboratory diagnostic testing; 45 locations

HOME CARE – We provide care when you don't need to be in the hospital, but still require medical attention; more than 20 services.

HOSPICE CARE – We offer a full range of services to allow you or your loved one peace, comfort, courage and dignity in your own home or in our hospice unit, providing physical, social, spiritual and emotional care for you and your family.

LVHN EXPRESSCARE – Walk-in care without an appointment for common illnesses and minor injuries; 11 locations

LVHN FITNESS – Our state-of-the-art fitness centers offer access to group classes, cardio and weights, personal training, massage and a multisport simulator; three locations at LVHN Fitness–Cedar Crest, LVHN Fitness–Muhlenberg and LVHN Fitness–One City Center

LVHN HEALTH CENTERS – “Medical villages” with many services under one roof, making your health care much more convenient; 14 locations

TRANSITIONAL SKILLED UNIT – Offers medical nursing services and short-term care

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