

Your Guide to Sports Medicine





COMPLETE SPORTS MEDICINE

It can happen over time... or in a snap. Injuries happen. Whether you're a professional athlete, weekend warrior, a high school or college athlete, or just a regular guy who hurt himself working in the yard, Lehigh Valley Health Network (LVHN) sports medicine experts can help when an injury has sidelined you from your active lifestyle. Our sports medicine program ranges from surgical treatment of major injuries to rehabilitation and strength, agility and conditioning training.

Our sports medicine program's philosophy revolves around individualized treatment and prevention of injuries for athletes and active individuals. The multidisciplinary sports medicine team of doctors, physical therapists and trainers work together to deliver high-quality care that helps athletes meet personal and competitive goals.

INJURIES AND CONDITIONS WE TREAT

Elbow/Hand

- Elbow dislocation
- Elbow tendinitis (golfer's and tennis elbow)
- UCL tear or sprain
- Ulnar nerve pain
- Wrist pain
- Finger and thumb injuries

Foot/Ankle

- Achilles tendinitis and tears
- Ankle injury/pain
- Foot injury/pain
- Turf toe
- Plantar fasciitis

General

- Broken bones
- Overuse injuries
- Stress fractures
- Joint pain
- Nonsurgical dislocation
- Cartilage injuries
- Joint dislocation
- Ligament injuries
- Muscle tears, sprains and strains
- Tendinitis/calcific tendinitis

Head

- Concussion

Heart

- Sudden cardiac arrest

Hip/Groin

- Sprained hip
- Hip labral tear
- Hip flexor injury
- Abductor injury
- Groin injury or strain

Leg/Knee

- IT band syndrome
- Thigh injury
- Hamstring injury
- ACL tear
- MCL tear
- Meniscus tear
- Patellar tendinitis (jumper's knee)
- Knee sprain or dislocation
- Osgood-Schlatter disease
- Patellofemoral pain (runner's knee)

Shoulder/Arm

- Collarbone pain
- Shoulder fracture or dislocation
- Frozen shoulder
- Shoulder labral tear
- Rotator cuff injury or tendinitis
- Shoulder blade pain
- Forearm pain
- Upper arm injury



SPORTS INJURY GOT YOU DOWN? USE RICE

For minor sports injuries such as sprains, strains, and severe bruises and bumps, you can use the RICE (rest, ice, compression, elevation) method. Follow these tips as soon as possible after an injury:

Rest. Pain is your body's way of telling you to rest an injured area. At the first sign of injury, stop what you're doing – continuing the activity could make your injury worse and increase your recovery time.

Ice. Ice is a great pain reliever. It numbs the injured area and reduces swelling. Ice is most effective immediately after an injury. Follow these steps:

1. Wrap an ice pack in a thin towel or cloth. Put it on the injured area for 20 minutes and then remove it for 20 minutes. Never put ice or an ice pack directly on the skin.
2. Repeat this cycle every 20 minutes for up to three hours. If that's too uncomfortable, leave the ice on for 20 minutes once every hour.
3. Continue as often as you feel comfortable over the next day or so. Don't leave the ice on for more than 20 minutes at a time.

Compression. Putting pressure on an injury helps prevent swelling and gives support. Here's how:

1. Wrap the injured area with an elastic bandage. If your hand or foot tingles, changes color or feels cold, the bandage may be too tight.
2. If the bandage becomes loose, rewrap it.
3. Don't wear an elastic bandage overnight.

Elevation. Keeping an injury raised helps reduce swelling. Keep the injured part above the level of your heart.

If you follow the RICE method, you should see improvements within 24 to 36 hours. If your injury doesn't get better, it's time to get it examined by a health care provider.

7 WAYS TO PREVENT SPORTS INJURIES

Playing sports and exercising regularly are good for you, but these activities can put you at risk for injury. Our sports medicine experts at LVHN want to help you stay in the game. Here are top tips for preventing sports injuries:



1 Warm up and stretch every time you work out.

You can walk, jog, cycle or perform aerobic exercise for three to five minutes to warm up cold muscles. Follow up with some gentle stretches. Try this upper body stretch:

- Stand a little farther than arm's length distance from a wall with your feet hip-width apart.
- Lean forward and place your hands on the wall at shoulder height and shoulder-width apart.
- "Walk" your hands higher on the wall until they're above your head. You should feel a stretch in your upper body.
- Breathe normally as you hold the position for 10 to 30 seconds.



2 Learn proper form. If you're starting a new exercise routine or working to enhance sport-specific skills, take the time to work with a sports performance trainer. Here are some basics to remember:

- During squats and lunges, don't bend your knees past 90 degrees.
- When squatting, stand with your feet a little wider than shoulder-width apart and keep your back straight.
- When performing a deadlift, hinge forward from the hips while keeping your back straight and your chest lifted.
- Don't jerk weights. Use steady movements instead.

3 Be consistent. Weekend warriors – those who exercise for hours on the weekend but do nothing during the week – face an increased risk for injury. Try to get some exercise every day instead.

4 Don't do too much too soon. For safe progress, add to length and intensity of your workout by 10 percent or less a week.

5 Wear proper protective gear. This includes a helmet when you're biking, skiing, snowboarding or inline skating, and protective eyewear for high-risk sports such as baseball and hockey.

6 Cross-train. Playing several sports or doing different workouts helps prevent overuse injuries, boredom and overtraining.

7 Cool down after your workout. After you finish exercising, walk or continue your activity at a slower pace to allow your heart rate to slowly return to a normal resting rate.

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 over a dozen area high schools and colleges.



ABOUT LVHN'S SPORTS MEDICINE PROGRAM

Lehigh Valley Health Network is the only provider in the region to offer complete sports medicine for the region's top professional teams, high school and collegiate athletes, and weekend warriors. We offer sports medicine services unique to our region including treatment at our Center for Orthopedic Medicine at LVHN-Tilghman in Allentown, the region's only campus dedicated to musculoskeletal care, and training at the LVHN Sports Academy in Breinigsville, an indoor turf facility that offers medically guided sports performance.

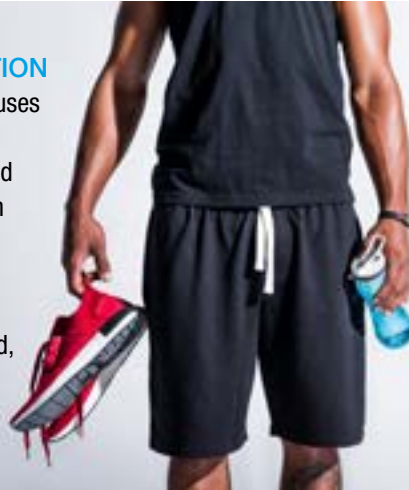
We offer a fully integrated program from first touch through recovery. Our sports medicine program's philosophy revolves around individualized treatment and prevention of injuries for athletes and active individuals. The multidisciplinary sports medicine team works together to deliver high-quality care that helps athletes meet personal and competitive goals.

SPORTS PERFORMANCE

Our sports performance specialists train athletes of all ages 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.

SPORTS REHABILITATION

Our sports rehabilitation focuses on implementing the latest evidence-based research and techniques in order to get an athlete back to their sport. These techniques are not only done in the clinic but carry over to the playing field, ensuring that an athlete is ready to return to play.



ATHLETIC TRAINING

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 training services to the region's professional teams and more than a dozen area high schools and colleges.



SPORTS MEDICINE PHYSICIANS

Our team of fellowship-trained and board-certified sports medicine orthopedic surgeons and family practice sports medicine physicians are experienced in caring for the youngest of athletes as well as elite professionals and Olympians. Our physicians lead a team of more than 400 experts in various facets of orthopedics, sports medicine, rehabilitation, athletic training and sports performance among other specialties. Many of our physicians are former high school and college athletes themselves and can relate directly to the mindset of athletes to help manage expectations around injury prevention and recovery.

LVHN FITNESS

LVHN Fitness is a full-service gym with three convenient locations in Allentown and Bethlehem. We offer a variety of equipment, group classes, personal training and massage services to meet your health and wellness goals.



SPORTS NUTRITION

Our sports nutrition specialists offer tools and expertise to properly fuel your body for peak performance. Programs are designed for whatever type of athletic endeavor you enjoy.

SPORTS CARDIOLOGY

LVHN's sports cardiology program is for athletes 15 years and older who are involved in any level of sports, from recreational to high-level competition. By evaluating an athlete's risk for sudden cardiac arrest, our sports cardiologist can diagnose heart and vascular disease early. A treatment plan then can be created to keep the athlete safe and allow him or her to continue playing sports whenever possible.

CONCUSSION MANAGEMENT

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.



SPORTS MEDICINE SURGERY

Gabe Lewullis, MD 

Medical Director, Sports Medicine

SPECIALTIES

Sports medicine; arthroscopic surgery; general orthopedics

MEDICAL SCHOOL

Drexel University College of Medicine

ORTHOPEDIC SURGERY RESIDENCY

Drexel University College of Medicine

SPORTS MEDICINE FELLOWSHIP

New England Baptist Hospital

BOARD CERTIFICATION

Orthopedic surgery

WATCH HIS VIDEO AT [LVHN.org/Lewullis](https://www.lvhn.org/Lewullis).



Mitchell Cooper, MD 

SPECIALTIES

Sports medicine; arthroscopic surgery; general orthopedics

MEDICAL SCHOOL

Temple University School of Medicine

ORTHOPEDIC SURGERY RESIDENCY

University of Illinois at Chicago

Medical Center

SPORTS MEDICINE FELLOWSHIP

HealthSouth Doctors' Hospital

BOARD CERTIFICATIONS

Orthopedic surgery; orthopedic sports medicine

WATCH HIS VIDEO AT [LVHN.org/Cooper](https://www.lvhn.org/Cooper).



Neal Stansbury, MD 

SPECIALTIES

Sports medicine; arthroscopic surgery; general orthopedics

MEDICAL SCHOOL

Hahnemann Medical College of Philadelphia

ORTHOPEDIC SURGERY RESIDENCY

Hahnemann University Hospital

SPORTS MEDICINE FELLOWSHIP

Hershey Medical Center

BOARD CERTIFICATIONS

Orthopedic surgery; orthopedic sports medicine

WATCH HIS VIDEO AT [LVHN.org/Stansbury](https://www.lvhn.org/Stansbury).



Rupam Das, MD  

SPECIALTIES

Sports medicine; arthroscopic surgery; general orthopedics

MEDICAL SCHOOL

Temple University School of Medicine

ORTHOPEDIC SURGERY RESIDENCY

Temple University Hospital

SPORTS MEDICINE FELLOWSHIP

University of South Florida— Morsani College of Medicine

BOARD ELIGIBLE

Orthopedic surgery



PEDIATRIC ORTHOPEDIC SURGERY

Barry Berger, MD 

SPECIALTIES

Pediatric orthopedics; general orthopedics; trauma and fracture care

MEDICAL SCHOOL:

George Washington University School of Medicine

ORTHOPEDIC SURGERY RESIDENCY

Union Memorial Hospital

PEDIATRIC ORTHOPEDICS FELLOWSHIP

Johns Hopkins Hospital

BOARD CERTIFICATION

Orthopedic surgery



ORTHOPEDIC HAND SURGERY

Paul Sibley, DO 

SPECIALTY

Hand and upper extremity

MEDICAL SCHOOL

Kirksville College of Osteopathic Medicine

ORTHOPEDIC SURGERY RESIDENCY

Philadelphia College of Osteopathic

Medicine

ORTHOPEDIC HAND SURGERY FELLOWSHIP

Ohio University, Grandview Medical Center

BOARD CERTIFICATION

Orthopedic surgery

WATCH HIS VIDEO AT [LVHN.org/Sibley](https://www.lvhn.org/Sibley).



Daniel Torres, MD 

SPECIALTY

Hand and upper extremity

MEDICAL SCHOOL

Loma Linda University School of Medicine

ORTHOPEDIC SURGERY RESIDENCY

University of Texas Medical Branch Hospitals

HAND SURGERY FELLOWSHIP

University of Pittsburgh Medical Center







BOARD CERTIFICATION

Orthopedic surgery

WATCH HIS VIDEO AT [LVHN.org/Torres](https://www.lvhn.org/Torres).



LVPG ORTHOPEDICS AND SPORTS MEDICINE

-  1250 CEDAR CREST, ALLENTOWN
-  HEALTH CENTER AT HAMBURG
-  HEALTH & WELLNESS CENTER AT HAZLETON
-  HEALTH CENTER AT MOSELEM SPRINGS
-  MUHLENBERG
-  HEALTH CENTER AT PALMER TOWNSHIP

LEHIGH VALLEY FAMILY HEALTH CENTER

-  1730 CHEW ST., ALLENTOWN

CONCUSSION AND HEAD TRAUMA PROGRAM

-  LVHN—ONE CITY CENTER

LVPG CARDIOLOGY

-  1250 CEDAR CREST, ALLENTOWN

ORTHOPEDIC TRAUMA SURGERY

Scott Sexton, MD 📍

SPECIALTY

Orthopedic trauma surgeon

MEDICAL SCHOOL

University of Medicine and Dentistry of New Jersey

ORTHOPEDIC SURGERY RESIDENCY

Monmouth Medical Center

ORTHO/TRAUMA FELLOWSHIP

Grant Medical Center

BOARD CERTIFICATION

Orthopedic surgery

[WATCH HIS VIDEO AT LVHN.org/Sexton.](#)



Yury Bykov, MD 📍

SPECIALTY

Orthopedic trauma surgery

MEDICAL SCHOOL

Temple University School of Medicine

ORTHOPEDIC SURGERY RESIDENCY

University of Tennessee College of Medicine Chattanooga

ORTHO/TRAUMA FELLOWSHIP

Duke University Medical Center

BOARD CERTIFICATION

Orthopedic surgery



SPORTS CARDIOLOGY

Matthew Martinez, MD 📍

SPECIALTIES

Medical cardiology, hypertrophic cardiomyopathy, genetic cardiac disorders, advanced cardiac imaging

MEDICAL SCHOOL

Mayo Medical School

INTERNAL MEDICINE RESIDENCY

Mayo Graduate School of Medicine

CARDIOVASCULAR DISEASE FELLOWSHIP

Mayo Graduate School of Medicine

[WATCH HIS VIDEO AT LVHN.org/Martinez.](#)



LVPG ORTHOPEDICS AND SPORTS MEDICINE

📍 1250 CEDAR CREST, ALLENTOWN

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📍 HEALTH & WELLNESS CENTER AT HAZLETON

📍 HEALTH CENTER AT MOSELEM SPRINGS

📍 MUHLENBERG

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CONCUSSION AND HEAD TRAUMA PROGRAM

📍 LVHN-ONE CITY CENTER

LVPG CARDIOLOGY

📍 1250 CEDAR CREST, ALLENTOWN

PRIMARY CARE SPORTS MEDICINE

Neilson Mathews, MD 📍

SPECIALTY

Sports medicine

MEDICAL SCHOOL

Medical College of Virginia

FAMILY MEDICINE RESIDENCY

Bryn Mawr Hospital

SPORTS MEDICINE FELLOWSHIP

Thomas Jefferson University Hospital

BOARD CERTIFICATIONS

Family medicine; sports medicine



Faisal Al-Alim, MD 📍📍

SPECIALTY

Sports medicine

MEDICAL SCHOOL

Ross University School of Medicine

SPORTS MEDICINE RESIDENCY

Sacred Heart Hospital

SPORTS MEDICINE FELLOWSHIP

Sacred Heart Hospital

BOARD CERTIFICATIONS

Family medicine; sports medicine

[WATCH HIS VIDEO AT LVHN.org/Al-Alim.](#)



Chelsea Evans, DO 📍📍📍

SPECIALTY

Sports medicine

MEDICAL SCHOOL

Philadelphia College of Osteopathic Medicine

FAMILY MEDICINE RESIDENCY

Lehigh Valley Health Network

SPORTS MEDICINE FELLOWSHIP

Rutgers Robert Wood Johnson Medical School

BOARD CERTIFICATIONS

Family medicine; sports medicine

[WATCH HER VIDEO AT LVHN.org/CEvans.](#)



Richard Canlas, MD 📍

SPECIALTY

Sports medicine

MEDICAL SCHOOL

American University of the Caribbean

School of Medicine

BOARD CERTIFICATIONS

Family medicine; sports medicine



CONCUSSION MANAGEMENT

Daniele Shollenberger, CRNP 

NURSING

West Chester University

MASTER OF SCIENCE IN NURSING

Allentown College of St. Francis de Sales

POST GRADUATE

Allentown College of St. Francis de Sales



Lynette Dondero, CRNP 

NURSING

DeSales University

MASTER OF PUBLIC HEALTH







Arcadia University

POST GRADUATE

DeSales University



LVPG ORTHOPEDICS AND SPORTS MEDICINE

-  1250 CEDAR CREST, ALLENTOWN
-  HEALTH CENTER AT HAMBURG
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CONCUSSION AND HEAD TRAUMA PROGRAM

-  LVHN-ONE CITY CENTER

LVPG CARDIOLOGY

-  1250 CEDAR CREST, ALLENTOWN

OUR ORTHOPEDICS

LOCATIONS AND SERVICES

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.

Services: Total joint replacement (hips, knees and shoulders), spine surgery, back surgery, rehabilitation therapy

CENTER FOR ORTHOPEDIC MEDICINE–MUHLENBERG

Route 22 and Schoenersville Road, Bethlehem, Pa.

Services: Total joint replacement (hips, knees and shoulders), spine surgery, back surgery, rehabilitation therapy

CENTER FOR ORTHOPEDIC MEDICINE–TILGHMAN

4815 Tilghman St., Allentown, Pa.

Services: Total joint replacement (hips, knees and shoulders), spine surgery, back surgery, rehabilitation therapy

LVPG ORTHOPEDICS AND SPORTS MEDICINE–1250 CEDAR CREST

1250 S. Cedar Crest Blvd., Suite 110, Allentown, Pa.

Services: Full spectrum of orthopedic care for children through adults

LVPG ORTHOPEDICS AND SPORTS MEDICINE–HAMBURG

Health Center at Hamburg

700 Hawk Ridge Drive, Hamburg, Pa.

Services: Full spectrum of orthopedic care for children through adults

LVPG ORTHOPEDICS AND SPORTS MEDICINE–MOSELEM SPRINGS

Health Center at Moselem Springs

14351 Kutztown Road, Fleetwood, Pa.

Services: Full spectrum of orthopedic care for children through adults

LVPG ORTHOPEDICS AND SPORTS MEDICINE–MUHLENBERG

2597 Schoenersville Road, Suite 100, Bethlehem, Pa.

Services: Full spectrum of orthopedic care for children through adults

LVPG ORTHOPEDICS AND SPORTS MEDICINE–PALMER TOWNSHIP

Health Center at Palmer Township

3701 Corriere Road, Suite 15, Easton, Pa.

Services: Full spectrum of orthopedic care for children through adults

HAZLETON

LEHIGH VALLEY HOSPITAL–HAZLETON

700 E. Broad St., Hazleton, Pa.

Services: Surgery, rehabilitation therapy

LVPG ORTHOPEDICS AND SPORTS MEDICINE–HEALTH & WELLNESS CENTER

50 Moisey Drive, Hazleton, Pa.

Services: Full spectrum of orthopedic and concussion care for children through adults.

POCONO

LEHIGH VALLEY HOSPITAL–POCONO

206 E. Brown St., East Stroudsburg, Pa.

Services: Total joint replacement (hips, knees and shoulders), spine surgery, back surgery, rehabilitation therapy

SCHUYLKILL

LEHIGH VALLEY HOSPITAL–SCHUYLKILL

700 E. Norwegian St., Pottsville, Pa.

Services: Surgery, rehabilitation therapy

LVPG ORTHOPEDICS–SCHUYLKILL MANOR ROAD

700 Schuylkill Manor Road, Suite 3, Pottsville, Pa.

Services: General orthopedic care for adults

LEHIGHTON

LVPG ORTHOPEDICS–LEHIGHTON

363 N. First St., Lehighon, Pa.

Services: General orthopedic care for adults

OUTPATIENT REHABILITATION

A service of Lehigh Valley Hospital

LOCATIONS

If you need rehabilitation care, you don't have to travel far for therapy. That's because LVHN rehab services are now offered at nearly four dozen convenient locations, including:

- ▶ Allentown
- ▶ Bangor
- ▶ Bath
- ▶ Bethlehem
- ▶ Blakeslee
- ▶ Brodheads ville
- ▶ Coopersburg
- ▶ East Stroudsburg
- ▶ Easton
- ▶ Emmaus
- ▶ Fleetwood
- ▶ Fogelsville
- ▶ Frackville
- ▶ Hamburg
- ▶ Hazleton
- ▶ Hellertown
- ▶ Lehigh ton
- ▶ Kutztown
- ▶ Mountain Top
- ▶ Nazareth
- ▶ Northampton
- ▶ Ore field
- ▶ Orwigsburg
- ▶ Palmer Township
- ▶ Pottsville
- ▶ Quakertown
- ▶ Stroudsburg
- ▶ Tamaqua
- ▶ Tannersville
- ▶ Tobyhanna
- ▶ Trexlertown
- ▶ Walnutport
- ▶ Whitehall

LVHN offers personalized rehabilitation for a wide range of specialized programs for adults and children, including sports therapy, physical therapy, occupational therapy, orthopedic therapy and more.

Learn more at [LVHN.org/rehab](https://www.lvhn.org/rehab).





LVHN SPORTS ACADEMY

LVHN Sports Academy is the Lehigh Valley's premier indoor turf training facility that also offers sports performance training for individual athletes, teams and organizations. We provide the Lehigh Valley and surrounding areas with a prestigious indoor training facility that can meet the needs and expectations of athletes, parents and coaches. LVHN Sports Academy thrives not only on providing indoor turf fields for teams and organizations, but also positively impacting the athletic and physical development of our local youth population. Our facility is staffed by certified strength and conditioning specialists who have over 35 years of experience training athletes of all ages. LVHN Sports Academy desires to meet all your athletic needs under one roof.

OUR MOTTO...

Train. Strengthen. Compete.

WHAT YOU CAN FIND INSIDE LVHN SPORTS ACADEMY

- ▶ Two large turf fields (20 yards by 50 yards each) are ideal for soccer, lacrosse, field hockey, football, baseball and softball.
- ▶ One batting cage (65 feet) has a pitching machine and portable pitching mound.
- ▶ The sports performance area includes the turf and our strength-training area, which has platforms, power racks, free weights, kettlebells, vertimax machines, plyometric boxes, slide boards, hurdles, additional plyometric equipment, medicine balls, as well as supplementary pre-rehabilitation equipment.
- ▶ The lounge area has three 55-inch TVs, a pool table, ping pong table, lounge recliners and seating for up to 35 people. It can be rented for birthday parties, sporting-event viewing parties or even team-building events.

MAKE AN APPOINTMENT

WITH LVHN SPORTS MEDICINE

You don't have to let a sports injury slow you down. Call [888-402-LVHN](tel:888-402-LVHN) to schedule an appointment today with one of our sports medicine experts.

PREPARE FOR YOUR APPOINTMENT.

Learning more about our comprehensive sports medicine program is your first step to moving beyond an injury. The next step is to schedule an appointment with an expert who can provide you with an individualized treatment plan that meets your personal needs. We see patients at numerous convenient locations throughout the region. Our philosophy is to make sure you are seen by a provider today, tomorrow or the next day to address your medical concerns.

It can help to come prepared with a list of questions to get the most from an appointment with your provider. If you have concerns about your condition or want information about specific treatment options available, use the space below to write down any questions you may have.
