We’ll help you get back in the game
Sports Medicine Program
Sprains? Strains? Pains? Injuries may send you to the sideline, but it’s important to receive the right treatment and get back in the game.

You can get sidelined by an injury whether you’re an athlete or just doing chores around the house. The sports medicine specialists at Northwell Health are dedicated to treating a full range of sports injuries including torn ligaments, concussions, broken bones and overextended muscles.
A plan to tackle your pain

With advanced subspecialty training and years of experience in sports medicine, our specialists are able to get you back in the game as quickly as possible. You’ll receive a plan that’s customized to your exact needs including treatments and rehab recommendations. That means less recuperation time, which means you’ll get back to doing what you love.

A winning sports medicine program

Our sports medicine specialists combine groundbreaking treatments and techniques with cutting-edge research, skilled evaluation and testing to get you better at record speed. Highlights of our sports medicine program include:

Patient-centric care
Our world-renowned specialists know that you’re the cornerstone of everything we do. That’s why they’ve combined innovative technologies with compassionate, patient-centered care to help you achieve the best possible result.

Credibility
We are one of the most comprehensive and experienced sports medicine groups in the New York metro area. We’ve treated thousands of patients and we’re part of Northwell Health — one of the nation’s largest and most progressive health care providers.

Academic authority
Our specialists, many of whom are faculty members at Hofstra Northwell School of Medicine, are staples in academic circles — teaching state-of-the-art approaches in the treatment and prevention of athletic trauma.

Access
As a patient, you’ll have quick access to our specialists via our numerous convenient locations in Nassau, Suffolk, Queens and Manhattan.

Programs and services

Conditions we treat
We offer expert care for a wide range of conditions, including:

Upper extremity
- Acromioclavicular joint injury/separation
- Biceps tendon injury/tear
- Rotator cuff injury/tear
- Shoulder dislocations/instability
- Shoulder labral injury/tear
- SLAP lesions
- Tennis elbow/golfer’s elbow

Lower extremity
- ACL injury
- Knee ligament sprain
- Meniscus tear
- Patellofemoral pain syndrome (runner’s knee)
- Patellar tendonitis (jumper’s knee)
- Patellar dislocation/unstable kneecap
- Prepatellar bursitis
- Hip/groin muscle injury
- Hamstring injury
- Thigh muscle strain/tear
- Shin splints
- Calf muscle strain/tear
- Achilles tendon injury/tear
- Turf toe
- Plantar fasciitis

Other
- Articular cartilage injury/defect
- Lumbar/back strain
- Stress fractures

You’ll also have access to services such as:
- ACL Injury Treatment and Prevention
- Performing Arts and Dance Medicine
- Women’s Health and Sports Medicine
- Sports concussion treatment and return-to-play
- Physician sideline coverage
- Certified athletic training services
- Community education programming
- Sports rehabilitation

Affiliations

The team approach
There may not be an “I” in team, but there are plenty of specialists. Our team takes a multidisciplinary approach to your treatment and includes board-certified orthopaedic surgeons, athletic trainers and physical therapists. As part of Northwell Health, we also have direct access to numerous other subspecialties including: imaging, neurology, physiatry, women’s health, ophthalmology and rheumatology.

We know sports
You’ll not only be in the hands of experienced specialists — you’ll be in the hands of experienced specialists who love sports. We’re avid fans, so we know just how important it is to get you moving again.

Our specialists provide care to athletes of all ages including the club, high school, collegiate and professional levels. We have partnerships with such organizations as:
- New York Islanders
- New York Jets
- New York Cosmos
- New York Lizards
- Long Island Ducks
- Hofstra University
- Hunter College
- Kings Point Merchant Marine Academy
- North Shore School District
- Sewanhaka School District
- Seaford School District
- Roslyn School District
- Glen Cove School District
- Holy Trinity High School
- White Plains High School
ACL Treatment and Prevention Program

Anterior Cruciate Ligament (ACL) tears can limit your ability to perform and compete. That’s why we’re here to help you heal and even prevent any such injuries before they happen.

The Northwell Health ACL Treatment and Prevention Program delivers a team approach, with our physical therapists and orthopaedists offering athletes both pre- and post-injury options.

In our prevention programs, you’ll be taught proper form and recommended workouts, both of which decrease the likelihood of suffering a non-contact ACL tear. Our program includes surgical intervention and postoperative physical therapy, as well as return-to-sport protocols.

Our prevention program emphasizes:
- Proper warm-up and cool down
- Strengthening (core, lower extremities)
- Flexibility
- Balance and proprioception
- Plyometrics and agility drills
- Proper jumping and landing techniques

By focusing on these exercises, you’ll both help prevent tears and also:
- Prevent/reduce other types of injury
- Improve postural alignment and awareness
- Increase joint and muscle mobility

Performing Arts and Dance Medicine Program

As a performing artist, you demand a lot from your body. That kind of stress may cause an injury, which will limit what you can do.

Northwell Health’s Performing Arts and Dance Medicine Program is composed of a specially trained team of orthopaedists and physical therapists who will evaluate your injuries and develop a comprehensive treatment plan for your specific needs.

We treat all types of performing artists, including dancers, gymnasts, cheerleaders, figure skaters and musicians. Our clinical professionals understand the unique demands you place on your body and will get you back to performing at your best.

We treat conditions such as:
- Repetitive stress injuries
- Muscle tension
- Sprains and strains
- Ankle instability
- Muscle imbalance
- Tendinitis
- Postural issues/core weakness
- Back and neck pain
- Fractures

After your treatments you will likely have:
- A return to full performance level
- Improved core stability
- Injury prevention tips
- Improved alignment
- Increased joint and muscle mobility
Women’s Sports Medicine Program
By being a part of Northwell Health, our Women's Sports Medicine Program is able to work in close collaboration with institutions like the Katz Institute for Women’s Health. In doing so, we’re able to deliver educational resources, screening, prevention and treatment for active women and girls of all ages.

Women's health care can have its own unique hurdles. But you can rest easy knowing that our team of specialists will work with you to figure out what treatment plan may be best for you. By working together, we’ll get you past the finish line.

We have a team of specialty physicians and skilled therapists that will help you:
- Decrease pain
- Improve strength
- Enhance flexibility
- Increase your range of motion
- Minimize the risk of re-injury

Sports Concussion Program
Our Sports Concussion Program provides evidence-based concussion management including baseline testing and immediate post-injury evaluations for athletes. And to make the whole process quicker and more convenient, we use state-of-the-art concussion management software that allows us to assess athletes on the sideline or in the office.

Our program has you covered under any situation. We offer:
- Physician assessments
- Rehabilitation
- Imaging
- Return-to-play protocols
- Access to the Northwell Health Concussion Program

Additional services
Certified athletic training program
Our certified athletic trainers are here for you in the schools and on the field. They can help you with the evaluation, treatment, rehabilitation and prevention of athletic injuries. Our program includes tracking and monitoring injuries, concussion management, coordinated care for student athletes and providing injury prevention education.

Physician sideline coverage
We’re not just seeing athletes in our offices — we’re on the sidelines, too, helping to treat and evaluate injuries in the moment. We provide sideline coverage for sporting events, games and tournaments and can fast-track follow-up appointments off the field. Our experienced orthopaedic surgeons combine specialized care with innovative technology to get you back in the game as quickly as possible.
Northwell Health Physician Partners orthopaedic locations

**Nassau County**
- 611 Northern Boulevard, Suite 200
  Great Neck, NY 11021
- 801 Merrick Avenue
  East Meadow, NY 11554
- 1001 Franklin Avenue, Suite 110
  Garden City, NY 11530
- 825 Northern Boulevard, Suite 201
  Great Neck, NY 11021
- 10 Medical Plaza, Suite 202
  Glen Cove, NY 11542

**Suffolk County**
- 217 East Main Street
  Bay Shore, NY 11706
- 200 West Main Street
  Babylon, NY 11702
- 196 East Main Street
  Huntington, NY 11743

**Manhattan**
- 130 East 177th Street, 7th floor
  New York, NY 10075
- 210 East 64th Street, 4th floor
  New York, NY 10065

**Westchester**
- 755 North Broadway, Suite 530
  Sleepy Hollow, NY 10591

Northwell Health physical therapy locations

**Nassau County**
- 801 Merrick Avenue
  East Meadow, NY 11554
- 200 Boundary Avenue, Suite 300
  North Massapequa, NY 11758
- 925 Hempstead Turnpike, Suite 310
  Franklin Square, NY 11754
- 66 Powerhouse Road, Suite 304
  Roslyn Heights, NY 11577
- 1554 Northern Boulevard, 4th floor
  Manhasset, NY 11030
  (Hand therapy only)
- 611 Northern Boulevard, Suite 200
  Great Neck, NY 11021
- 101 St. Andrews Lane
  Glen Cove, NY 11542

**Suffolk County**
- 1160 East Jericho Turnpike, Suite 123
  Huntington, NY 11743
- 301 East Main Street
  Bay Shore, NY 11706

**Queens**
- 95-25 Queens Boulevard, 3rd floor, Suite D
  Rego Park, NY 11374

**Manhattan**
- Lenox Hill Hospital
  100 East 77th Street, 2nd floor, 2 Uris
  New York, NY 10075

**Westchester**
- 480 Bedford Road
  Chappaqua, NY 10514
- 701 North Broadway
  Sleepy Hollow, NY 10591

Want to set up an appointment? Have a question? Give us a call at (516) 321-7522.
About Northwell Health

Northwell Health (formerly North Shore-LIJ Health System) is New York State’s largest health care provider and private employer. With 21 hospitals and nearly 450 outpatient practices, we serve 8 million people in the metro New York area and beyond. Our 61,000 employees work to change health care for the better. We’re making breakthroughs in medicine at the Feinstein Institute for Medical Research. We’re training the next generation of medical professionals at the visionary Hofstra Northwell School of Medicine and the School of Graduate Nursing and Physician Assistant Studies. And we offer health insurance through CareConnect. For information on our services in more than 100 medical specialties, visit Northwell.edu.