



University Orthopaedic Center

News *Just for you!*

Volume 3, Issue 2

Summer 2007

HEAD OF THE GAME
Tackling youth sports-related injuries
Read more from Dr. Longobardi in the June 12th Therapy Times issue found on the UOC website under NEWS.

Greetings!

Whether you spent time watching the “little leagues” at a nearby park or catching the “big leagues” inside the park, heading to the beach house or to the mountains, I hope you took some time for yourself to try something new or maybe even, ‘picked up where you left off’ on a physical fitness routine or some other hobby.

The summer is also a great time to visit a new place, explore cultural events or fairs and with if you have any extra time, to volunteer or support an organization. Most recently for example, the United Way held their Teterboro Airport 5K Run and the Bergen County Golf Classic. I am proud to have sponsored both events that will help to keep programs available for residents of Bergen County.

Stay safe & enjoy the rest of the summer!

Sincerely,
Raphael S. F. Longobardi, MD, FAAOS

It's not only the hitter that can strike out when they pitch! Not all types of pitches are appropriate for every age level. Here are some guidelines by age group (yrs. old):

- FASTBALL 6-10
- CHANGE-UP 7-13
- CURVE BALL 12-16
- SLIDER & FORKBALL 14-18
- KNUCKLEBALL 12-18
- SCREWBALL 15-19

The increase of organized sports beyond a regular season has led to more and more children developing “Little League” elbow .

The Pitch Count... Little League International -- with more than 2.3 million players worldwide -- put the rule in place due to the sharp rise in arm injuries to young pitchers.

Little League Elbow Injuries: *Is Your Child at Risk?*

An injury to the growth plate, due to throwing too hard too often or trying to build up endurance too quickly, is known as Little League Elbow. The growth plate in the elbow actually separates and in some cases, if not caught early, young players may need surgery.

Although the symptoms gradually build up, the elbow eventually becomes sore to the touch and may swell. The most indicative symptom is when the player experiences pain after throwing the ball.

A clinical exam and an x-ray will confirm the diagnosis. Educating the young player on why there is a problem and what is happening, in addition to rest (avoiding throwing) will help before the damage goes too far.

Since the nature of growth plate injuries are treated similar to fractures, the recovery time is normally 3-4 weeks and sometimes longer depending on the extent of the injury.

If you have additional questions, please feel free to contact Dr. Longobardi's office to set up an appointment for your child.

Inside this issue:

- What is Little League Elbow? 1
- UOC Survey—we need your input 2
- Q & A—What are Repetitive Motion Injuries? 1
- UOC Mission 2

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Sports Medicine
links for you:

www.abos.org
www.aaos.org

Here's what's new at UOC....

⇒ We welcome Wendy to our office. She will handle scheduling appointments and gathering of any information needed prior to your appointment with Dr. Longobardi.

⇒ Patient Information packets are available to new patients to help familiarize themselves with UOC and Dr. Longobardi

as well as additional information to help with their current condition and/or treatments available.

⇒ A Variety of Sports Medicine & Athletic Injury tip sheets are available upon request.

⇒ The UOC website offers a new section on Sports Medicine & Athletic Injuries

UOC PATIENT SURVEY — Please circle appropriate answer.

To further enhance your experience at UOC, we are seeking to get additional input from you. Please take a few moments to complete the **UOC PATIENT SURVEY** below and return to us at UOC, Continental Plaza, 433 Hackensack Avenue, 2nd floor, Hackensack, NJ 07601 or complete online & submit electronically by [clicking here](#).

Date: _____ E-mail address: _____

- Ease of scheduling an appointment when needed:
Excellent Very Good Good Fair Poor Don't Know
- Office environment (cleanliness, comfort, lighting, temperature, location):
Excellent Very Good Good Fair Poor Don't Know
- Friendliness and courtesy of the office staff:
Excellent Very Good Good Fair Poor Don't Know
- Once you arrive for a scheduled appointment, how long did you have to wait (including waiting room & exam room) before you saw the physician?
Under 10 minutes 10-15 minutes 16-30 minutes 31-45 minutes Over 45 minutes

Thinking about your experience with Dr. Longobardi overall, rate him on the following:

- Do you feel that he spent an appropriate amount of time with you?
Definitely yes Mostly yes Not sure Mostly not Definitely not
- Did he listen to you and answer your questions?
Definitely yes Mostly yes Not sure Mostly not Definitely not
- Did he help you understand your medical condition(s)?
Definitely yes Mostly yes Not sure Mostly not Definitely not
- Do you trust him to make decisions/recommendations that are in your best interests?
Definitely yes Mostly yes Not sure Mostly not Definitely not
- Would you recommend him to family/friends?
Definitely yes Mostly yes Not sure Mostly not Definitely not

Additional comments: _____

ORTHO Q & A

Ask Dr. Longobardi

Q. What are Repetitive Motion Injuries?

A. Painful injuries such as stress fractures (a hairline fracture of the bone that has been subjected to repeated stress) and tendonitis (inflammation of a tendon) can occur from overuse of muscles and tendons.

Our Mission

TO UNDERSTAND THE NEEDS of our patients and their families TO COMBINE COMPASSION knowledge and skill to give each patient the resources and treatment to obtain the highest level of productivity possible TO PROVIDE THE FINEST QUALITY orthopaedic specialty care utilizing the latest surgical techniques and treatment modalities TO RESPECT EACH PERSON'S DIGNITY. TO TAILOR TREATMENT to each patient's individual needs TO PROVIDE EACH PATIENT WITH THE BEST TREATMENT possible—now and for the future.