



# Sports Medicine

## Consultation and Referral Information



Our team specializes in athletic, exercise, musculoskeletal and sports related injuries or pain. Our focus is on preventing injury, improving performance and enhancing overall health in patients beginning at 6 years of age, but patients under the age of 6 can also be treated with physician approval. Some of the conditions we treat include the following:

- Concussions
- Dance
- Running and Swimming Injuries
- Spondylolysis and Other Causes of Back Pain
- Running Shoe Analysis and Prescription
- Adaptive Sports
- Female Athlete Issues
- Heat Illness
- Reflex Sympathetic Dystrophy
- Activity-Related Syncope
- Chest Pain or Difficulty Breathing
- Scoliosis with a Curve Less Than 20 Degrees
- Nutritional and Hydration Assessment
- Performance-Enhancing Substance Counseling
- Musculoskeletal Injuries
  - Sprains
  - Strains
  - Dislocations
  - Ligament Injuries
  - Tendonitis and Apophysitis
- Overuse Injuries
  - Shin Splints
  - Stress Fractures
  - Simple Fractures (i.e. Salter 1)
  - Avulsion Fractures

### [Meet Our Team of Specialists and Get Directions to Our Offices](#)

WHAT	work-up is needed prior to an appointment?	Please provide any X-ray, MRI, CT, or bone scan images done on the affected area that are not accessible through CHKD's EHR (Images and reports on a disc are preferred). If the patient is being referred for a concussion, please provide any relevant documentation from their primary care and emergency room visits. *If the patient had a baseline or post-injury ImpACT performed, we need to know, but will obtain the results ourselves. This information can be faxed to (757)668-7885.
WHEN	will my patient be able to obtain an appointment?	Same day appointments are available, but this could vary depending on location.
WHERE	will my patient be seen?	Sports Medicine offices are located at CHKD (Norfolk), Loehmann's Plaza (Virginia Beach), Oakbrooke (Chesapeake), Tech Center (Newport News), and Princess Anne (Virginia Beach).
HOW	can I refer my patient to the Sports Medicine Clinic?	Urgent Consultations (Providers): (757) 668-9999 (Doctor's Direct) Non-Urgent Referrals (Providers): (757) 668-7850 Scheduling (Families): (757) 668-7850