Our pediatric-trained orthopaedic specialists work together to provide young athletes with specialized and coordinated sports medicine care

- Our physicians specialize in treating children, teens, and young adults with musculoskeletal injuries and medical problems related to sports performance. We understand how a growing child’s bones are different from an adult’s bones in how they fracture and how they heal.

- We are a team of board-certified and fellowship-trained physicians from multiple disciplines, including orthopaedic surgery and primary care sports medicine—making us the region’s most comprehensive sports medicine and orthopaedics group specializing in young athletes.

- Our team works with all levels of young athletes, from recreational to elite. Our physicians provide care for Bay Area sports clubs as well as UC Berkeley athletic teams, U.S. Olympians, and Paralympians.

- Each year, our orthopaedic team attends to more than 13,000 patient visits and performs over 1,000 surgeries, bringing together the latest techniques, research, and technology to provide the best care for our patients.
## Sports Medicine Physician Team

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Specialties</th>
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</thead>
<tbody>
<tr>
<td><strong>Nirav K. Pandya, MD</strong></td>
<td>Pediatric Orthopaedic Surgeon; Director, Sports Medicine Center for Young Athletes</td>
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<tr>
<td><strong>Anthony Luke, MD, MPH</strong></td>
<td>Director, Primary Care Sports Medicine; Benioff Distinguished Professor in Sports Medicine</td>
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<tr>
<td><strong>Christina Allen, MD</strong></td>
<td>Orthopaedic Surgeon</td>
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<tr>
<td><strong>Mitul Kapadia, MD</strong></td>
<td>Pediatric Rehabilitation; Sports Concussion Program</td>
</tr>
<tr>
<td><strong>Ravinder K. Brar, MD, MPH</strong></td>
<td>Pediatric Orthopaedic Surgeon</td>
</tr>
<tr>
<td><strong>Lisa Lattanza, MD</strong></td>
<td>Orthopaedic Surgeon, Hand and Upper Extremity</td>
</tr>
<tr>
<td><strong>Cindy J. Chang, MD</strong></td>
<td>Primary Care Sports Medicine; Sports Concussion Program</td>
</tr>
<tr>
<td><strong>Kristin Livingston, MD</strong></td>
<td>Pediatric Orthopaedic Surgeon</td>
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<tr>
<td><strong>Nicholas Colyvas, MD</strong></td>
<td>Orthopaedic Surgeon</td>
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<tr>
<td><strong>C. Benjamin Ma, MD</strong></td>
<td>Chief, UCSF Sports Medicine and Shoulder Service</td>
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<tr>
<td><strong>Mohammad Diab, MD</strong></td>
<td>Pediatric Orthopaedic Surgeon; Chief UCSF Pediatric Orthopaedics</td>
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<tr>
<td><strong>Lionel Metz, MD</strong></td>
<td>Pediatric Orthopedic Spine Surgeon</td>
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<tr>
<td><strong>Brian Feeley, MD</strong></td>
<td>Orthopaedic Surgeon</td>
</tr>
<tr>
<td><strong>Coleen S. Sabatini, MD, MPH</strong></td>
<td>Pediatric Orthopaedic Surgeon; Director and Chief, UCSF Benioff Children’s Hospital Oakland Division of Orthopaedics</td>
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<tr>
<td><strong>Eric J. Freitag, PsyD, FACPN</strong></td>
<td>Clinical Neuropsychologist; Sports Concussion Program</td>
</tr>
<tr>
<td><strong>Carlin Senter, MD</strong></td>
<td>Primary Care Sports Medicine; Sports Concussion Program</td>
</tr>
<tr>
<td><strong>Jason Jagodzinski, MD</strong></td>
<td>Pediatric Orthopaedic Surgeon</td>
</tr>
<tr>
<td><strong>Alan Zhang, MD</strong></td>
<td>Orthopaedic Surgeon</td>
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</table>
We offer a full-service sports medicine center in an exclusively pediatric medical setting.
We work exclusively with young athletes
Our pediatric focus gives us unparalleled expertise in caring for pediatric sports injuries. We stay current with advancements in orthopaedic care and rehabilitation techniques that are suited to growing bones, joints, and muscles.

Our sports medicine therapists:
• Teach patients how to manage and prevent injury so they can achieve long-term sports performance goals and, ultimately, long-term health benefits.
• Examine each athlete and develop a plan, using treatment techniques to reduce pain, restore optimal function, and prevent disability.
• Work with athletes to prevent the loss of mobility before it occurs by developing fitness- and wellness-oriented programs for healthier and more injury-resistant young athletes.
• Utilize the latest in sports science technology by incorporating movement analysis in an athlete’s rehabilitation plan of care.

AlterG® Anti-Gravity Treadmill
An air-sealed chamber around the midsection uses air pressure to unweight athletes up to 20 percent of their body weight to minimize the impact to joints and bones. Benefits include:
• Lower impact on joints
• Optimal stride length and cadence
• Allowance for fitness retention throughout rehabilitation
• Enhancement of rehabilitation after surgery.

Contact
Oakland, 510-428-3558
San Francisco, 415-353-7797
San Ramon, 925-979-3450
Walnut Creek, 925-979-3430
We assess and treat injuries at high school athletic events and are a part of the school’s medical team.
We provide on-site sports medicine coverage to:

**East Bay High Schools**
Amador Valley • Athenian • Alameda
• Albany • Berkeley • Dublin • Foothill
• Granada • Livermore • Piedmont •
Pittsburg • Salesian • St. Joseph
Notre Dame

**SFUSD High Schools**
Academy of Arts and Sciences
• Balboa • Burton • Galileo • June
Jordan • Abraham Lincoln • Lowell •
Thurgood Marshall • Mission • John
O’Connell • San Francisco International
• Wallenberg • George Washington

**SF Private/Charter High Schools**
Stuart Hall • Convent • Archbishop
Riordan • St. Ignatius

**TUHSD Marin County High Schools**
Redwood • Sir Francis Drake •
Tamalpais

**Sporting Events**
Our certified athletic trainers collaborate
with UCSF Benioff Children’s Hospitals
sports medicine physicians to provide
on-site medical coverage at an
hourly rate or on a contract basis for
special community events, one-day
tournaments, and multiple-day events
and tournaments.

**Bay Area Club Teams**
We provide services to a wide range of
athletic organizations and scholastic
and club teams. Services include
lectures, camps, clinics, and athletic
trainer staffing.

El Cerrito Youth Baseball League •
Golden Gate Rugby Club • Liberty
Gymnastics • Marin Highlanders
Youth Rugby • NorCal Premier Soccer
League • Oakland Athletic League •
Oakland Ice Youth Hockey • Oakland
Warhogs Rugby • Orinda Aquatics • SF
Golden Gate Youth Rugby • Tottenham
Hotspur East Bay • TriCity Elite Gym
• U.S. Figure Skating • U.S. Tennis
Association, Northern California Section
• Youth Movement Running Club

**CPR/AED and First Aid**
Certification
We offer certification classes for:
• Adult CPR/AED and First Aid
• Adult/Child/Infant CPR & AED
Programs are open to the community
and athletic clubs. Classes are held
the first Thursday of the month at our
Oakland and Walnut Creek campus
locations. Go to www.bitly.com/bch-cpr
for class details.

To arrange athletic training services for your teams or sporting events,
please contact:

**East Bay**
Bruce Valentine, PTA, ATC, 925-979-3437

**San Francisco, Marin County, Peninsula**
Derek Hirai, ATC, 415-885-3819
We don’t simply provide a good workout; we develop athletes.

For the complete list of group training classes, go to www.bitly.com/ucsf-sportsclasses
Athletic Development Program

Group and Individual Training

We offer a wide range of athlete development programs (ADP) for young athletes of all levels. Individual and sport-specific training is provided to athletes year-round.

**ADP Programs**

**Individual Sport Trainings**
Train one-on-one or in a semi-private session and experience an exercise program specifically designed to meet your personal and athletic fitness goals. Cost per session: $150 evaluation; $65 follow-up

**Group Training**
1. FAST: Functional Strength, Agility, Speed, Training is a 60-minute class that teaches a progressive approach to speed and agility performance and introduces the proper techniques of functional strength training and power exercises.
2. Pilates Program: Stabilize your core, improve your posture, and gain flexibility.
   Cost: $144 for 12 classes

**Sport-Specific Performance Training**
Six-week sport-specific training with pre- and post-testing. Maximum of 10 athletes per instructor.

**Team Sport Testing and Training**
Whether in season or off season, ADP will help maximize the development of each player’s speed, quickness, strength, movement skills, energy system conditioning, mobility, and stability. Instructors focus on individual player needs and positional differences within a team group setting.

**Contact**
Ryan Sargent, MS, MBA, ATC
Program Manager, Athletic Development
925-979-3420
We offer individualized dance-specific training and whole-body conditioning tailored to each performing artist.
Dance Medicine

Our Dance Medicine care team:
- Understands the unique biomechanical requirements of a performer’s feet, ankles, knees, hips and back.
- Enhances performance by improving posture, balance and strength.
- Evaluates injuries and prescribes an individually tailored therapeutic program.
- Educates dancers about how to avoid injury and stay healthy.
- Incorporates Pilates-based rehabilitation.

Benefits of the program
- Early diagnosis and management of orthopaedic injuries.
- Learn why a specific injury occurred and how to prevent it in the future.
- Optimize proper technique with corrective exercises.
- Obtain an individual sports nutrition plan that supports the performer’s training, performance and recovery.

For all performance skill levels
- Dancers (ballet, jazz, hip-hop, lyrical, contemporary, tap, African, Irish, etc.)
- Gymnasts
- Cheerleaders
- Musicians
- Figure skaters

Dance Medicine team members
- Pediatric Orthopaedic Surgeons
- Primary Care Sports Medicine Physicians
- Physical Therapists
- Physical Therapy Assistants
- Registered Dietitians
- Certified Athletic Trainers
- Certified Pilates Instructors

Contact
Oakland, 510-428-3558
San Francisco, 415-353-7797
San Ramon, 925-979-3450
Walnut Creek, 925-979-3430
We are the region’s premier resource for evaluating and treating young athletes with sports-related concussions.
Sports Concussion Program

The program
A sports-related concussion is a brain injury and can be serious. Getting help after an injury by specialists knowledgeable in the diagnosis and management of concussions may speed recovery. A referral to a sports concussion specialist should be considered if an athlete has suffered a blow to the head, neck or body and is experiencing one or more of the following symptoms:

• Confusion
• Difficulty concentrating or remembering things
• Dizziness or problems with balance or coordination
• Headaches
• Insomnia or excessive sleepiness
• Nausea
• Difficulty reading or studying.

For an acute sports-related concussion, athletes can be seen within 7 days. The initial evaluation may take up to 2 hours and consists of a thorough history and physical examination, a neuropsychological testing battery, balance and coordination testing, and visual oculomotor testing.

The team
Our multidisciplinary team includes experts in primary care sports medicine, neuropsychology, athletic training, physical therapy, neurology, physical medicine and rehabilitation, with additional resources available for consultation as needed in occupational therapy and audiology. With this combined expertise, our program evaluates, diagnoses, and manages any sports-related concussion and helps young athletes safely recover and return to sports.

Contact
Oakland, 510-428-3238
Walnut Creek, 925-939-8687
San Francisco, 415-353-1915
One of the few centers on the West Coast that provides 360-degree care of pediatric and adolescent athletes with ACL injuries.
Anterior cruciate ligament (ACL) injuries are increasing in the pediatric and adolescent population at alarming rates. An ACL injury can be devastating to a young athlete both in the short and long term. UCSF Benioff Children’s Hospitals house one of the few centers on the West Coast that offers complete care of the pediatric and adolescent athlete with such an injury.

Our comprehensive approach takes care of the athlete from start to finish:

**Prevention:** We provide injury screening to identify risk factors for a possible ACL injury before they occur.

**Diagnosis:** Our clinicians are trained to identify and diagnosis ACL injuries in the young, growing athlete.

**Imaging:** Our state-of-the-art imaging accurately and quickly aids in diagnosis using advanced MRI techniques.

**Treatment:** Our team of clinicians are trained in the operative and non-operative techniques of treatment of these injuries and can provide treatment options for patients with these injuries from young elementary school children up through college. We are one of the few centers in the area that provide ACL surgery which can preserve growth in the young athlete. In addition, our team of anesthesiologists and nurses are pediatric trained.

**Rehabilitation:** We understand the needs of the young athlete who undergoes reconstructive surgery are different than the adult. Our team of rehabilitation specialists provide individualized, intensive physical therapy and rehabilitation to get our young athletes back to the playing field.

**Contact**
Oakland, 510-428-3238
San Francisco, 415-353-2808
Walnut Creek, 925-939-8687
Children’s registered dietitians offer young athletes the most current and comprehensive nutrition therapy and education available.
Sports Nutrition

**Services**
A registered dietitian develops individualized sports nutrition plans that support the athlete’s training, performance, and recovery, all while promoting health and wellness. Services are provided for young athletes, in or off season. Offered by UCSF Benioff Children’s Hospital Oakland Clinical Nutrition Department and Sports Medicine Center for Young Athletes.

**Appointments**
**UCSF Benioff Children’s Hospital Oakland**
Outpatient Center
744 52nd St., 5th Floor, Oakland
**When:** First Friday of every month
**Phone:** 510-428-3772

**UCSF Benioff Children’s Hospitals**
**Walnut Creek Campus**
2401 Shadelands Dr., Walnut Creek
**When:** Last Friday of every month
**Phone:** 510-428-3772

**Payment Options**
**Self-referrals and self-pay**
For questions regarding scheduling or billing, please call the Clinical Nutrition Department at 510-428-3772.

**Insurance**
1. Go to [www.bitly.com/CHOform](http://www.bitly.com/CHOform) to download the Standard Referral Form.
2. A primary care physician should complete the Standard Referral Form and fax to 510-995-2956.
Lectures offered throughout the year address the hottest topics in youth sports.
Community Education & Injury Prevention
LECTURES • WORKSHOPS • CAMPS

The program
We provide educational services to a wide range of athletic organizations, scholastic teams, and club teams.

Our educational opportunities include:
• Community and Inter-Professional Continuing Medical Education Conferences
• Community CPR and First Aid Education
• Sports Health and Safety Seminars
• Concussion Prevention, Evaluation, and Treatment
• ACL Injury Prevention
• Nutrition, Hydration, and Regeneration: Best practices for optimal performance

We host free monthly lectures at our centers, and we are available to speak at schools and sports clubs.

Sports Medicine Career Workshop For High Schoolers
Our annual Sports Medicine Career Workshop introduces high schoolers to careers in sports medicine. Held every spring, students experience lectures and hands-on labs, concerning many topics, including ankle injuries and taping techniques; wrist, hand, and thumb injuries, taping, and stretching techniques; shoulder injuries and rehabilitation; lower back injuries; and core training.

Annual Cardiac Physicals Program
We provide free cardiac screenings and sports physicals once a year (usually late spring) to 500 registered student athletes from San Francisco high schools. All participants receive an on-site cardiac exam that includes an ECG screening. Participants who require additional screening have an echocardiogram (ultrasound).

Contact
Ryan Sargent, MS, MBA, ATC, 925-979-3420
Derek Hirai, ATC, 415-885-3819
We are the Bay Area’s most comprehensive sports medicine center that focuses exclusively on athletes ages 5 to 25.

- Orthopaedic Care
- Primary Care Sports Medicine
- ACL Center of Excellence
- Medical Issues Related to Sports Participation
- Sports Physical Therapy
- Athletic Training
- Athlete Development Program
- Dance Medicine Program
- Sports Concussion Program
- Sports Nutrition
- Community Education and Injury Prevention