

Keck Medicine of USC

BEYOND EXCEPTIONAL MEDICINE™



USC EPSTEIN FAMILY CENTER FOR SPORTS MEDICINE

Expert care for athletes of all levels

The **USC Epstein Family Center for Sports Medicine at Keck Medicine of USC** specializes in treating sports-related and recreational injuries affecting the knee, shoulder, hip, elbow, neck and spine, with convenient locations in Los Angeles, Glendale and El Segundo.

The sports medicine specialists of Keck Medicine have extensive experience treating USC athletic teams, including the USC Trojans football team. USC Orthopaedic Surgery physicians are the Official Orthopaedic Medical Services Provider of the Los Angeles Kings and USC Intercollegiate Athletics. The same level of care is provided to non-professional athletes and active people from all walks of life.

USC Epstein Family Center for Sports Medicine physicians collaborate across disciplines to ensure that patients receive the most comprehensive care, using specialized skills to assess and treat injuries, prevent pain or further damage, and train the muscles needed to participate in a particular sport.

TOP TIPS TO PREVENT SPORTS INJURIES

Use the tips from Keck Medicine's experts to avoid or minimize sports injuries:

Stretch and warm up

Invest a few minutes to properly warm up. Walk or slowly jog for a few minutes, then focus on the muscles and joints you will be working. A sports medicine practitioner can help determine the best stretches for your activity.

Build strength

Regular strength training develops the muscles and tendons, which help stabilize your joints.

Wear protective gear

Bike helmets, knee pads, face masks — whatever your activity requires, wearing the right gear can protect you. Choosing shoes that fit properly can reduce foot and ankle injuries.

Seek early help from an expert sports medicine team

Early intervention can help minimize damage and prevent re-injury, and seeking help early puts you on the path to proper long-term healing.

With more non-surgical and minimally invasive treatment options than ever before, you can get back to doing what you love faster.

To make an appointment, call (800) USC-CARE

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CONDITIONS TREATED

- Acromioclavicular shoulder joint pain and arthritis
- Anterior cruciate ligament (ACL) tears in the knee
- Biceps tendon disease of the shoulder/elbow
- Calcific tendonitis of the shoulder
- Collateral ligament of the knee
- Frozen shoulder
- Hip impingement
- Meniscal tears in the knee
- Neck problems
- Shoulder impingement
- Shoulder instability
- Shoulder rotator cuff tears
- Tennis elbow

EXCEPTIONAL TREATMENT FOR OUTSTANDING RESULTS

EXPERT MEDICAL TEAM

- **SETH C. GAMRADT, MD**
Director, Orthopaedic Athletic Medicine
ACL surgery, arthroscopic shoulder surgery, cartilage preservation, knee osteotomy, total and reverse shoulder replacement
- **GEORGE F. "RICK" HATCH III, MD**
ACL and arthroscopic shoulder surgery, cartilage preservation, knee osteotomy, total and reverse shoulder replacement
- **LARA MORGAN OBERLE, MD**
Orthopaedic sports medicine, primary care
- **REZA OMID, MD**
Shoulder and elbow surgery, total elbow replacement, total and reverse shoulder replacement, hip arthroscopy
- **FRANK PETRIGLIANO, MD**
Chief of USC Epstein Family Center for Sports Medicine
Orthopaedic surgery, sports medicine and shoulder surgery, total and reverse shoulder replacement
- **JAMES E. TIBONE, MD**
ACL surgery, arthroscopic shoulder surgery, total and reverse shoulder replacement, cartilage preservation procedures
- **ALEXANDER E. WEBER, MD**
ACL surgery, arthroscopic shoulder surgery, total and reverse shoulder replacement, cartilage preservation procedures, hip arthroscopy

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Keck Medicine of USC - Los Angeles

USC Healthcare Center 2, 1520 San Pablo St., Suite 2000, Los Angeles, CA 90033

Keck Medicine of USC - El Segundo

Toyota Sports Performance Center, 555 N. Nash St., El Segundo, CA 90245

Keck Medicine of USC - Glendale

1818 Verdugo Blvd., Suite 300, Glendale, CA 91208

University Park Campus

1031 W. 34th St., Los Angeles, CA 90089

To make an appointment, call

(800) USC-CARE
(800) 872-2273

ortho.KeckMedicine.org