



# KickSmart!

## Maximizing Soccer Performance:

A Symposium for Coaches, Soccer Trainers,  
Athletic Trainers and Parents

Wednesday, September 14, 2011

## Getting Back in the Game: Cutting Edge Treatments for Injuries of the Hip and Knee

- As a dynamic, high speed game where physical contact occurs both incidentally and deliberately, soccer creates many circumstances where injury, mostly lower extremity, may result
- Recent data indicates that there are over 150,000 soccer injuries reported annually in the US, among a playing population of over 3 million athletes. Females 4x more likely to suffer ACL tear compared to male counterparts
- Common knee injuries include ACL tears and meniscal tears followed by articular cartilage injuries
- Common hip injuries include muscle strains, contusion, and hip labral tears.
- Recent advances in treating Knee Injuries: Anatomic and Double bundle ACL reconstruction, Advanced Techniques in cartilage transplantation (CAIS),
- Recent Advances in treating Hip injuries include Arthroscopic labral repair over debridement and Arthroscopic treatment of “Cam “and “Pincer“ bony lesions
- Advances expected in the future – Advances in imaging modalities and biomarker techniques can be utilized to predict who is more at risk to develop arthritis after injury

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