

# Nicklaus Children's Hospital Sports Medicine

## NEWSLETTER



March 2016



### Letter from Orthopedics Sports Medicine

We are eager to share the first edition of the Sports Medicine Program newsletter. This piece is designed to provide patients and families with an overview of injury prevention and sports-related health news.

In this issue, we will provide a review of safety guidelines and injuries related to hoverboard accidents which are being increasingly seen at Nicklaus Children's Hospital.

### Safety Concerns with Hoverboards

*Authors: Annie Casta, MD & Monica Payares-Lizano, MD*

The recent holiday season's most popular toy, the hoverboard, is causing concern among the medical experts at Nicklaus Children's Hospital. Research conducted by the Orthopedic Surgery Department at Nicklaus Children's revealed there was a rise in the number of hoverboard-related injuries seen in emergency rooms in Miami-Dade from December 15th through January 9th. The team conducted an investigation on hoverboard-related fractures and their cause. A total of 307 patients were treated at the hospital with acute fractures over a 31-day period. Of these 307 fractures, 36 were related to hoverboard usage. The average of the 36 patients with fractures related to hoverboard usage was 11, with the majority affected being males and the most frequently injured areas included the elbows, wrist and hands. The Orthopedic Surgery Program encourages the use of protective gear when using hoverboards to prevent injuries. Helmets, knee pads and elbow pads are essential pieces of equipment children should wear when using hoverboards.



**Nicklaus  
Children's  
Hospital**

## Orthopedic Surgery Program

To schedule an appointment with our orthopedic experts, call **(305) 662-8366** or email [orthokids@nicklaushealth.org](mailto:orthokids@nicklaushealth.org)

## What are the Sports Medicine Physicians up to this Month?



Dr. Craig Spurdle recently returned from Colorado where he participated in a Life Support Course with the US Ski Team. The course was designed to prepare team physicians for emergency care of skiers while on ski trails during competition.



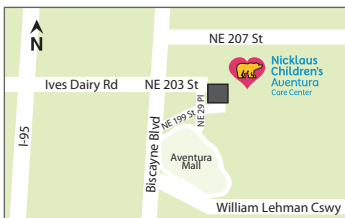
Dr. Steven Swirsky just returned from Cuba where he served as team physician for the USA Judo team competition.



Dr. Annie Casta recently served as team physician for the sailing team in the Olympic Sailing Regatta, which took place here in Miami.



### Locations of Sports Medicine Consultations:



#### Nicklaus Children's Aventura Care Center\*

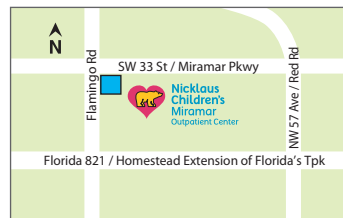
20295 Northeast 29 Place, Suite 300  
Aventura, FL 33180

**\*Coming soon!**



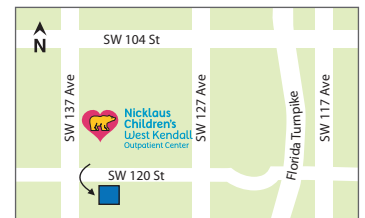
#### Nicklaus Children's Hospital Main Campus

3100 SW 62 Avenue  
Miami, FL 33155



#### Nicklaus Children's Hospital Miramar Outpatient Center

12246 Miramar Parkway  
at Miramar Square  
Miramar, FL 33025



#### Nicklaus Children's Hospital West Kendall Outpatient Center

13400 SW 120 Street  
Suites 100 & 200  
Miami, FL 33186