

WELCOME TO MIAMI CHILDREN'S HOSPITAL DAN MARINO CENTER

The Miami Children's Hospital Dan Marino Center is an integrated neurodevelopment center specializing in the diagnosis and treatment of children at risk for developmental and psychological problems. It was founded in March 1998 through the combined efforts of Dan and Claire Marino, the Dan Marino Foundation, Miami Children's Hospital and the Miami Children's Hospital Foundation.

The MCH Dan Marino Center is South Florida's only truly integrated pediatric outpatient facility and receives more than 50,000 patient visits annually. Experts in a variety of disciplines work together to provide the most advanced care for patients with special needs, developmental disabilities and chronic medical problems.

Founded in 1950 by Variety Clubs International, today Miami Children's Hospital® has more than 600 attending physicians and over 130 pediatric sub-specialists. The 275-bed hospital is renowned for excellence in all aspects of pediatric medicine. Over the years, Miami Children's has established itself as a world leader in medical education and is home to the largest pediatric teaching program in the southeastern United States. It has

also been designated an American Nurses Credentialing Center (ANCC) Magnet facility, the nursing profession's most prestigious institutional honor. The focus at MCH is always on advancements in pediatric medicine. In fact, Miami Children's Hospital is South Florida's only licensed specialty hospital exclusively for children.




**MIAMI
CHILDREN'S
HOSPITAL®**
Dan Marino Center
2900 S. Commerce Parkway
Weston, FL 33331

954-385-6274/ 1-866-558-6510

For program information or a physician referral
call **(305) MCH-4KIDS** (in Miami-Dade) or **888-556-4KIDS**
or visit www.mch.com

Sports Medicine Program at MCH Dan Marino Center




**MIAMI
CHILDREN'S
HOSPITAL**
Dan Marino Center

ABOUT THE PROGRAM

Because children and teens are still growing and developing, they experience different types of sports-related injuries than do adults.



The Sports Medicine Program at Miami Children's is dedicated to supporting treatment and prevention of sports injuries in the growing athlete, or young sports enthusiast.

The program is staffed by one of the region's first pediatric sports medicine specialists, Stephen Swirsky, D.O., board certified by the American

Board of Orthopaedic Surgery and a Diplomat of the American Board of Orthopaedic Surgery. In addition to his work treating injuries through Miami Children's Department of Orthopaedic Surgery, he provides sports medicine physicals for high school athletes and leads a team of sports trainers who provide medical coverage during youth soccer and football league sporting events. He is the team physician for one of the largest high schools in Miami-Dade County as well as a large gymnastics academy in Broward County.

Dr. Stephen Swirsky brings to the practice of orthopaedic medicine a special understanding of the needs of the young athlete. Prior to completing his medical degree and orthopaedic surgery residency, Dr. Swirsky was a physical therapist and a certified athletic trainer who worked with athletes of all levels. Currently a member of the Pediatric Orthopaedic Society of North America and a fellow of the American Academy of Orthopaedic Surgeons, his diversified background and unique approach give him an unparalleled understanding of what is required to help his patients return to their optimal level of health and athletic performance.

"If a child encounters something other than a bruise, it should be evaluated by a



pediatric orthopaedic specialist," said Dr. Swirsky. "Most of the time you can tell when children are hurt, but not always. They may try to hide pain because they do not want to miss practice or a game," he said.

The Sports Medicine Program also incorporates an array of diagnostic and therapeutic services such as X-ray, M.R.I., occupational and physical therapy. The interdisciplinary team members at the Miami Children's Hospital Dan Marino Center work together to provide the most advanced care for patients and their families. These services are provided in an outpatient setting at the MCH Dan Marino Center in Weston.



TIPS TO PREVENT SOCCER INJURIES:

- Warm up and stretch before playing.
- Require all players to wear shin guards to protect lower legs.
- Require children to wear shoes with molded cleats or ribbed soles.
- Don't let children sit or hang on goals. Serious injuries have been reported when goals fall on players.
- Make sure soccer goals are well padded and properly secured.
- Fill in low spots and bare spots in the playing surface.
- Use balls made of synthetic material on wet playing fields. Leather balls can become water-logged and very heavy when wet.
- Be prepared for emergency situations. Have a plan in place to reach medical personnel in the event of injuries such as fractures, sprains or concussions.

To make an appointment, please call 305-662-8366 or 1-800-685-1885. For more information visit our website at www.mchdanmarinocenter.com