Common pediatric sports related injuries treated in our clinic...

• **Knee:** Major ligament injuries including ACL tears in children with open growth plates, Meniscal Tears and Discoid Meniscus, Osteochondral Fractures, Osteochondritis Dissecans (OCD), Patella Dislocations, and Fractures

• **Shoulder:** Traumatic Dislocations, Multidirectional Instability, SLAP Tears, Labral Injuries, AC Separations, Little Leaguer’s Shoulder, Fractures

• **Elbow:** Little Leaguers Elbow, Osteochondritis Dissecans, Ulnar Collateral Injuries, Apophyseal Injuries, Dislocations, Fractures

• **Wrist and Hand:** TFCC Tears, Instability, Fractures

• **Hip:** Femoral Acetabular Impingement, Labral Tears, Snapping Hip, Avulsion Injuries, Apophysial Injuries, Dislocations and Fractures

• **Lower Leg:** Exertional Compartment Syndrome, Stress fractures, Osteochondritis Dissecans (OCD), Achilles and Peroneal Tendon Injuries, Os Trigonium, Ankle Sprains, Ankle Instability, Fractures and Dislocations

• **Spine:** Back Pain, Spondylolysis

---

**Peter L. Gambacorta, D.O.**

*Medical Director, Pediatric & Adolescent Sports Medicine*

*Women & Children’s Hospital of Buffalo*

A native of Western New York, Dr. Gambacorta graduated cum laude from the University at Buffalo, during which he received degrees in Bachelor of Arts and Masters of Science. Dr. Gambacorta earned his Doctorate of Osteopathic Medicine from the New York College of Osteopathic Medicine and his orthopedic surgery residency training at South Pointe Hospital, Cleveland Clinic Healthcare System.

Dr. Gambacorta completed his medical training with a fellowship at the Children’s Hospital Boston through Harvard Medical School, the only accredited orthopedic surgery sports medicine fellowship focused on the pediatric and adolescent athlete.

The sports medicine clinic at Women & Children’s Hospital of Buffalo is the first orthopedic clinic in Western New York primarily focused on the pediatric athlete. Dr. Gambacorta’s specialty interests are in the care and treatment of sports related injuries of the pediatric, adolescent and young adult athlete, as well as advanced surgical training in growth plate sparing ACL reconstruction, hip arthroscopy, dance medicine and has expertise in other advanced surgical techniques of the knee, shoulder, hip, elbow and ankle.

---

Language assistance services are available free of charge for anyone who has a need for an interpreter.

Tenemos servicios de ayuda en Español, para cualquiera que necesita un intérprete.
Youth sports related injuries

• In the United States, 30 million children and adolescents participate in athletics yearly.

• High school athletes account for an estimated 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations each year.

• 3.5 million children under the age of 14 receive medical treatment for sports injuries each year.

• On average, the rate and severity of injury increases with a child’s age.

• Overuse injuries are responsible for nearly half of all youth sports injuries.

Youth sports trends

• Increased number of youth sports’ participants.

• A shift toward a single sport concentration occurring at a younger age.

• Multiple team involvement (all star, travel, school).

• Year round participation.

• Advanced scouting for college and professional sports.

Understanding the difference

“The child athlete is not a little adult athlete.”

• Young athletes are at risk for specific injuries and often require age appropriate treatments.

• In the Department of Sports Medicine at Women & Children’s Hospital of Buffalo, we understand this difference and use advanced surgical and nonsurgical techniques when treating your children.

Injury prevention begins with education

• According to the Centers for Disease Control, more than half of all sports injuries in children are preventable.

• Through a coalition of orthopedic surgeons, pediatricians, physical therapist and athletic trainers, a campaign was started to STOP (Sports Trauma and Overuse Prevention) sports-related injuries through the education of athletes, coaches, parents, trainers and healthcare professionals.

• The Department of Sports Medicine at Women & Children's Hospital of Buffalo is a proud advocate of this campaign and we are committed to Keeping Kids in the Game for Life!

For more information and sports injury prevention tips please visit the website:

www.wchob.org/sportsmedicine

Women & Children’s Hospital of Buffalo
Department of Pediatric & Adolescent Sports Medicine
219 Bryant Street
Second Floor
Buffalo, NY 14222
(716) 878-7563