



Sports Division

Brian Sennett, MD



Sports Medicine Faculty



Brian Sennett, MD



James Carey, MD, MPH



John Kelly, MD



Miltiadis Zgonis, MD



Kevin McHale, MD

The Division of Sports Medicine within the Department of Orthopaedic Surgery has continued to be at the forefront of collaborative medicine as it is comprised of faculty from Orthopaedic Surgery, Family Medicine, and Physical Medicine and Rehabilitation. With this collaborative approach, the Division has reached into the University with efforts focused on the Division of Recreation and Intercollegiate Athletics. Out of this initiative has sprung the Penn Sports Performance Program.

The Penn Sports Performance Program has become a cornerstone program for Penn Athletics. The development of this program has been an interdepartmental effort between Penn Athletics and Penn Sports Medicine. The Program focuses on the Penn athlete in the areas of Penn Medicine, Athletic Training, Strength and Conditioning, Nutrition, Mental Health and Wellness, and Sports Psychology. The focus is on optimization of the Penn athlete's experience through prevention of injuries, optimization of their medical care, and enhanced performance through nutrition, conditioning, and mental training. This initiative has been spearheaded by Dr. Brian Sennett. This is an exciting area of growth and development and will encompass all of Penn Medicine over the next year.

Athletic coverage has always been one of the cornerstones of Sports Medicine and this past year has not been any different. While the Division has always cared for Penn Athletics and the athletics program at the University of the Sciences, they now provide coverage for the entire City of Philadelphia's athletic programs with the addition of ten new certified athletic trainers. This coverage has expanded the coverage to their prior program, which included West Catholic and Bonner. In addition, Penn Sports Medicine provided exclusive care and coverage of the Philadelphia Freedom Professional Tennis Team in 2017. The Philadelphia Freedom is a tennis team currently competing in World Team Tennis and is comprised of international stars in tennis. The team is owned by Billie Jean King. The medical coverage was led by Drs. Kate Temme and James Carey.

The athletic community also continued to be served by the Penn Sports Medicine team. The running population was served by Penn Sports Medicine as John Vasudevan, MD served as medical director for the Tri-rock Philly Triathlon held in June, 2017. Rahul Kapur, MD continues to serve as the medical

director for the Penn Relays and Dr. Alexis Tingan will serve as the medical director for this year's Philadelphia Love Run Half-Marathon in March, 2017. Dr. Sennett continues to serve as a medical advisor to the Philadelphia 76ers.

Education has also continued to be a main focus of the Division. In addition to continuous medical student, resident, and fellowship education, education forum has been held at the national level. The Penn Center for Advanced Cartilage Repair and Osteochondritis Dissecans Treatment has continued to grow annually. The Penn Cartilage Center (including members of CHOP and Penn) is now one of the highest volume autologous chondrocyte implantation centers in the world and one of the highest volume meniscus transplantation centers in the United States. The Penn Center for Cartilage Symposium has also continued to flourish. It has become an international course organized and run by Course Directors James L. Carey, MD, MPH and Robert L. Mauck, PhD. In 2017, Daniel Saris from the Netherlands served as international faculty at the 6th Annual Penn Cartilage Symposium. There were 200 participants. Dr. Carey concluded his two-year term as President of the Research in OsteoChondritis of the Knee (ROCK) group—an international professional and research society consisting of 36 surgeons from 24 sites in 7 countries.

The fifth annual Penn Medicine's Advances in Throwing Conference was held in January, 2018. The symposium was an exciting event featuring a multidisciplinary approach to the evaluation and treatment of pathologies related to the throwing athlete. The Co-Directors for the conference were Miltiadis Zgonis, MD and Kyle Schaefer, ATC. The symposium serves as one of the educational cornerstones of the Penn Throwing Clinic which is directed by John Kelly, MD. In 2017 and 2018, Drs. Kelly and Sennett taught Instructional Course Lectures at both the American Academy of Orthopaedic Surgeons and the Arthroscopy Association of North America annual meetings, focusing on Advances in the Thrower's Shoulder. These lectures have highlighted work performed at the Penn Throwing Clinic, located with the Penn Human Performance Center.

It has been an exciting past year at the Penn Sports Medicine Center with much more to follow in this upcoming year.